



## Herb Rubbed Flank Steak

4 Servings • 1 Serving = 3 Ounces

### INGREDIENTS

- 2 cloves garlic, minced
- 2 sprigs fresh rosemary, finely chopped
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon extra virgin olive oil
- 12 ounces flank steak

### DIRECTIONS

1. In a small bowl, combine the garlic, rosemary, salt, pepper, and oil. Stir well to combine.
2. Lay the flank steak on a flat plate. Blot with a paper towel to remove any excess juices.
3. Rub the garlic and herb mix all over the flank steak and let sit at least half hour.
4. Heat a skillet large enough to hold the steak over medium heat.
5. Remove any excess garlic herb rub from the steak and lay the steak down onto the skillet. Let cook 4 minutes, then flip, and cook another 4 minutes.
6. Remove the steak from the skillet and let rest, covered with aluminum foil, for 10 minutes.
7. Slice the steak against the grain.

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>3 ounces</b>
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D 0mcg	<b>0%</b>
Calcium 28mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 306mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

[chefa.org](http://chefa.org)

@CHEFSanAntonio



The Children's Hospital  
of San Antonio™

CHRISTUS Health

© Culinary Health Education for Families