

Chile-Lime Flank Steak

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



Nutritional Bonus: A leaner cut of beef, flank steak is an excellent source of phosphorus and zinc – minerals considered essential for metabolizing the whopping 33 g of protein you'll get from a single 5-oz serving.

INSTRUCTIONS: **ONE:** In a large zip-top freezer bag, combine chile peppers, lime juice, oil, onions and salt and pepper. Add steak and seal bag. Thorough bag, massage chile mixture into surface of steak using your fingers. Marinate in refrigerator for at least 2 hours. **TWO:** Preheat grill to high. Discard marinade and grill steak for 12 to 15 minutes, flipping once, until reaches desired doneness. Transfer to a cutting board and let sit for 5 minutes. To serve, thinly slice steak across the grain.

FOLD LINE

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Serves 6. Hands-on time: 7 minutes. Total time: 2 hours, 22 minutes.



INGREDIENTS:

- 2 5-inch red chile peppers, seeded and finely minced
- Juice 2 limes
- 1 tbsp olive oil
- 2 green onions, finely sliced
- Pinch each sea salt and fresh ground black pepper
- 1 32-oz flank steak, trimmed of visible fat

Nutrients per 5-oz serving: Calories: 247, Total Fat: 11 g, Sat. Fat: 3 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 3 g, Fiber: 0.5 g, Sugars: 1 g, Protein: 33 g, Sodium: 106 mg, Cholesterol: 50 mg

