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## GRILLED FLANK STEAK

Flank Steak cooks quickly under the broiler and has great flavor, but a little marinade does help tenderize the meat. The steak doesn't pick up as much color as when cooked on the grill but it is still delicious.

I am using a combination of oil, soy sauce, and some orange and lime juice that will pair well with the ingredients in the sweet potato salad. Ideally, marinate the meat a few hours in advance and pat it dry before cooking, and of course, let it come to room temperature first.

### Ingredients

1 flank steak, approx 1 - 1 ½ lbs  
1/3 cup soy sauce  
1 orange juiced  
2 limes juiced  
3 cloves garlic minced  
1 tbsp sesame chili oil

### Preparation

Combine the marinade ingredients and marinate the steak in a non-reactive container or plastic bag for 2 hours or overnight.

Bring the steak to room temperature before cooking. Discard the marinade, and blot the excess moisture from the steak with paper towels. Place the steak on a 2-piece oven broil pan, drizzle the steak with a little vegetable oil, and spread it evenly over the surface.

Arrange the oven rack to accommodate the broil pan with the steak with enough clearance so the steak is not touching the top heating elements.

Heat the oven in the Convection Broil mode to the highest temperature. When the oven comes to temperature broil the steak for 6 - 8 minutes on the first side, carefully remove the pan and flip the steak and broil for another 4 - 5 minutes.

Remove the pan from the oven and immediately transfer the steak to a rimmed



Grilled Flank Steak

cutting board to rest. Slice the steak into thin slices cutting across the grain.

### Notes:

Turn on your vent hood when broiling so any grease and smoke can be effectively vented out. Modern ovens and ovens with gas broilers come to temperature very quickly so a long preheat time is not necessary.

Serves 4

WRITE YOUR NOTES: