

MORTON & BASSETT SPICES®

Rosemary Mint Marinated Flank Steak



- ½ cup olive oil
- 3 chopped garlic cloves
- 2 tablespoons Morton and Bassett Rosemary
- 2 teaspoons Morton and Bassett Mint
- 1 zest and juice of a lemon
- ½ teaspoon salt
- 1 teaspoon pepper
- 1 Flank Steak
- Cherry tomatoes on the vine
- 1 teaspoon olive oil

In a small bowl or jar combine oil, garlic, rosemary, mint, and lemon juice. Season the flank steak with salt and pepper on both sides. Pour marinade over steak coating well on both sides before putting in the refrigerator. Marinate for 1-5 hours. 30 mins before cooking, remove the steak from the fridge. Heat a skillet or cast iron on high heat. Once slightly smoking, place steak into the pan. Resist the urge to move the steak, let it cook for 4-5 minutes until nicely seared for medium rare. Flip and repeat on the opposite side. Once desired temperature is reached, remove from the pan and let rest. Add cherry tomatoes on the vine to the pan. Drizzle with olive oil and cook until blistered, 5-7 minutes. Cut steak against the grain and serve with blistered tomatoes.



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