



TABLE & TWINE



GRILLED FLANK STEAK

Steak



Chutney



Couscous



Contains
Gluten

Arugula



STEP 1

Preheat oven to 425°F (400°F for convection oven). Unwrap brown parchment paper and lay flat on a baking sheet. Remove flank steak from plastic and place on parchment paper. Let stand at room temperature for 10 minutes.

STEP 2

Remove cilantro-mint chutney from refrigerator and let sit at room temperature while preparing your meal.

STEP 3

After your flank steak has stood at room temperature for 10 minutes, place in hot oven for 5-10 minutes or until the flank steak reaches an internal temperature of 115°F*. Remove from oven and let rest on a cutting board for 2-3 minutes. *See chart below if you prefer your steak more well done.

STEP 4

Transfer contents of heirloom tomato and grilled corn couscous salad into a mixing bowl. Add arugula to the mixing bowl with couscous salad. Toss arugula with couscous salad and transfer to your preferred serving dish.

STEP 5

After your flank steak has rested for 2-3 minutes, slice steak thinly against the grain with a sharp kitchen knife and place on serving dish with couscous salad. Serve chutney over top of sliced flank steak and serve immediately.

