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GRILLED MARINATED FLANK STEAK
with Choi Sum & Baby Carrots

Get fired up with this delicious, lean, and juicy marinated flank steak. To seal the deal, carrots and choy sum join the steaks on the grill, lending them a wonderful charred goodness.

SERVES 2

EST. COOKING TIME: 40–50 MINUTES • ALLERGENS: SOY

SKILL LEVEL: 🍎 • SPICE LEVEL: 🌶️

PAIRINGS:
Wine: Malbec or Bordeaux Blend
Beer: Toasted Lager or Brown Ale

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**INGREDIENTS**

- 2 cloves garlic
- 2 tbsp. red wine vinegar
- ¼ cup brown sugar
- ¼ cup tamari sauce
- 2 pkts. Dijon mustard
- 14 oz. flank steak
- 4 oz. jasmine rice
- 6 baby carrots
- 12 oz. choi sum
- 1 tbsp. white sesame seeds, toasted

(*USDA recommends cooking beef until a minimal 145 °F*)

**WHAT YOU’LL NEED:**

- grill pan or outdoor grill
- large bowl
- small sauté pan
- small saucepot with lid
- plastic wrap
- paper towels

**TOOLS:**

- grill pan or outdoor grill
- large bowl
- small sauté pan
- small saucepot with lid
- plastic wrap
- paper towels

**HAVE ON HAND:**

- black pepper

**Step One: Marinate the Steak**

Wash and dry all fresh produce. If using an outdoor grill, preheat it to high now. Finely chop the garlic and place in a large bowl. In the same large bowl, add the red wine vinegar, brown sugar, ¼ teaspoon of black pepper, tamari, Dijon mustard and whisk to combine and create the marinade. Remove ⅓ cup of the marinade and set aside for Step Two. Pat dry the flank steak with paper towels and score it by making ¼-inch cuts across the grain of the meat about 1 inch apart. Add the flank steak to the bowl with the marinade and coat evenly. Cover with plastic wrap, place in the refrigerator and allow to marinate for at least 30 minutes and up to 8 hours.

**Step Two: Make the Jasmine Rice and Glaze**

Add 1 cup of water to a small saucepot with a lid and bring to a boil over high heat. Add the jasmine rice to the pot and cover, turn heat down to low, and simmer for 10–12 minutes. While the rice is cooking, make the glaze. To create the glaze, heat a small sauté pan over medium-high heat, add the reserved marinade and reduce liquid by half. When rice is finished, turn off heat, cover, and let sit for 5 minutes. Fluff rice with fork and set aside. If using a grill pan, heat pan over high heat now.

**Step Three: Grill the Steak**

Place the flank steak on the grill or grill pan and cook on each side for 2 minutes. After 2 minutes, give the steak a quarter-turn on the grill to create cross-hatch grill marks. Turn the steak over and cook for an additional 2 minutes (6 minutes total). Remove steak from heat and allow to rest for 5 minutes.

**Step Four: Grill the Carrots**

Place the carrots on the grill (being careful that they don’t fall through the grates). Cook the carrots for 6 minutes, periodically rotating to ensure even cooking.

**Step Five: Grill the Choi Sum**

Place the choi sum on the grill and cook on each side for 2 minutes. Next, thinly slice the steak on a diagonal against the grain to make 6 even slices.

**Step Six: Plate Your Dinner**

In the center of 2 plates, place the jasmine rice. Stack the choi sum and carrots next to the rice. Fan the steak slices over rice and drizzle the steak with the glaze. Finally, garnish with a sprinkle of sesame seeds and enjoy!

**KITCHEN 411**

Forget what you heard about flipping a steak only once! When you flip a steak multiple times, the surface being cooked will cool every time it faces upwards, allowing for a more efficient evaporation of surface moisture. The steak will brown beautifully and cook faster and more evenly.