

# GRILLED FLANK STEAK SALAD



## INGREDIENTS

- 6 cups Fresh mixed baby greens (spring mix)
- 2 ea Medium Vidalia onions, sliced
- 2 Tbsp Olive oil
- 12 ea Cherry tomatoes, halved
- 4 oz Gorgonzola, coarsely crumbled
- 1<sup>2/3</sup> cup Red wine vinaigrette\*
- 1<sup>1/4</sup> lb Flank steak, lightly oiled & rubbed generously with beef spice mix, grilled to 130° F internal temperature
- 6 cups Oil for frying
- 1 large Idaho potato, julienne fine (cut like potato sticks)  
Salt and freshly ground black pepper

### For the Red Wine Vinaigrette

- 1/2 cup Red wine vinegar
- 2 Tbsp Dijon mustard
- 2 tsp Honey
- 1/2 tsp Salt
- 1 cup Olive oil
- Freshly ground black pepper

### For the Beef Spice Mix

- 1 Tbsp Montreal steak seasoning
- 1 tsp Kosher salt
- 1 tsp Black pepper
- 1 Tbsp Granulated garlic
- 1 Tbsp Granulated onion
- 1 Tbsp Cajun spice
- 1 Tbsp Crushed red pepper flakes
- 1 Tbsp Thyme
- 1 Tbsp White pepper



## PREPARATION

1. In a hot sauté pan, place half the olive oil and sliced onions and cook on medium high heat until caramelized. Onions should have an even brown color. Set aside.
2. Heat frying oil to 375° F. Place julienne potato sticks carefully into hot oil. While cooking, stir with a long handled pair of metal tongs. Cook potatoes until crispy and lightly browned (about 2 minutes).
3. In a large bowl, combine the mixed baby greens, caramelized onion, cherry tomatoes, and half of the cheese. Toss the salad with enough vinaigrette to coat. Season the salad with salt and pepper, to taste. Arrange the salad on a platter.
4. Cut the steak crosswise into thin slices on an angle. Arrange the steak slices atop the salad and sprinkle with the remaining cheese. Drizzle more vinaigrette over the steak slices. Garnish with crispy potato sticks and serve.

### For the Red Wine Vinaigrette

1. Mix the vinegar, mustard, honey, salt, and pepper in a blender. With the machine running, gradually blend in the oil.

### For the Beef Spice Mix

1. Mix all ingredients together and set aside.
2. Add 2 tablespoons of Worcestershire sauce before applying.