



Grilled Red Bell Pepper Marinated Flank Steak and Garbanzo Bean Salad

Total Time:
6 hours 40 minutes

Prep time:
10 minutes

Inactive: 6 hours

Cook: 30 minutes

Yields: 4 Servings

Ingredients

Marinade for Flank Steak

1 Red Bell Pepper
 ½ White Onion
 3 Garlic Cloves
 Juice of 1 Lime
 1 ½ tsp. Paprika
 1 tsp. Crushed Red Pepper
 Flakes
 1 Tbs. Honey
 2 Tbs. Olive Oil
 1 Tbs. Fresh Oregano
 2 tsp. Kosher Salt
 1 tsp. Black Pepper

Salad

4 Ounces Spinach
 4 Ounces Chopper Romaine
 Lettuce
 1 Can of Garbanzo Beans
 ½ Paprika
 ½ Garlic Powder
 ½ Kosher Salt
 ½ Black Pepper
 1 Yellow Pepper
 1 Cup Shredded Carrots
 1/3 Cup Pine Nuts
 2 Eggs

Directions

Place the flank steak in a large reseal able plastic bag. To make the marinade start by de-stemming and deseeding the red bell pepper then cut it into quarters. Next peel the onion and garlic cloves then cut the onion into quarters. Combine the red bell pepper, onion, garlic, lime juice, paprika, crushed red pepper flakes, honey, olive oil, oregano, salt and pepper into a blender or food processor. Blend on high until the mixture reaches a smooth consistency. Poor the marinade over the steak. Seal the bag and let it sit, refrigerated for 6 hours or overnight.

Preheat grill. Brush and oil the grill to clean.

Grill for 4-6 minutes on each side on medium high heat. Half way through grilling on each side, turn the steak 90° so that you get more grill marks. Cook to your level of preferred doneness. Once finished cooking place the meat on a plate and cover it with tin foil. Let the steak wrest for 10 minutes then slice the flank steak on a bias into long strips.

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While the meat is cooking place two eggs in a small sauce pan and cover with water. Bring to a boil then lower the heat and cook the eggs for 10 minutes. Let the egg cool then peel the shell off the egg.

Next preheat two pans and place a few teaspoons of olive oil in each. Open and rinse off the garbanzo beans then pat them dry with a towel. On medium heat combine the garbanzo beans, paprika, garlic powder, salt and pepper in one pan and cook until golden brown, roughly 10 minutes. In the other pan toast the pine nuts until golden brown, roughly 6 minutes.

Deseed and de-stem the yellow pepper. Cut the pepper into thin strips and grill skin side down until skin blisters and the pepper softens. Cut the grilled peppers into small cubes.

Combine the spinach and lettuce in a large bowl. Next add in the cooked garbanzo beans, toasted pine nuts and chopped up yellow pepper. Toss the salad to incorporate all of the ingredients. To dress the salad use preferred salad dressing or lemon juice and olive oil. Serve boiled egg on the side.