

Seared Flank Steak with Salsa Verde

Ingredients:

- 1 ½ C flat-leaf parsley leaves
- 2 garlic cloves, minced
- 1 tin anchovy fillets in olive oil
- 3 tbsp capers, drained
- 2 tsp red wine vinegar
- 1 C extra-virgin olive oil
- 3 pounds flank steak

Preparation:

In a blender pulse the parsley, garlic, drained anchovies, capers and vinegar until coarsely chopped. With the machine on, slowly pour the olive oil and mix just until blended.

Season the steak and cook on the griddle on high heat until well seared on the outside and still red inside. Check with the finger test for medium rare.

Transfer to a cutting board and let sit for about 5 minutes. Carve the steak on the bias against the grain into thin slice.

Serve with the salsa verde.