

Grilled Flank Steak With Pepita-Cilantro Sauce



Serves: 12

From the Food Network

<https://www.foodnetwork.com/fn-dish/recipes/2011/06/off-the-beaten-aisle-pepitas>

I have made this recipe many times as an appetizer, but as a bitesize passed hors d'oeuvre, and even as a main course. It is from the Food Network. In my opinion it needs no tweaking. This bold sauce is inspired by chimichurri. The steak can be served alone with the sauce, or thinly sliced over toasted bread as an elegant passed hors d'oeuvres. I also have used the sauce in my grilled grouper fish tacos. It is a versatile sauce and work with pretty much any grilled protein.

Prep Time: 40 minutes

Cook Time: 15 minutes

Ingredients:

STEAKS:	
1/4 cup	olive oil
1/4 cup	red wine vinegar
2 cloves	garlic, minced
1/2 teaspoon	salt
1/4 teaspoon	ground black pepper
2 pounds	beef flank steaks

SAUCE:	
1 cup	Italian flat leaf parsley, packed
1/4 cup	cilantro, packed
1/2 cup	pepitas, toasted
1/2 cup	olive oil
1/4 cup	red wine vinegar
1 tablespoon	dried oregano
1 tablespoon	cumin
1 teaspoon	salt
2 cloves	garlic, minced
1/2 teaspoon	red red pepper flakes

Directions:

1. In a large bowl, whisk together the olive oil, vinegar, garlic, salt and pepper. Add the steaks, turn to coat, cover and refrigerate for 1 hour.
2. To make the sauce, in a food processor combine the parsley, cilantro, pepitas, olive oil, vinegar, oregano, cumin, salt, garlic and red pepper flakes. Process for 2 to 3 minutes, or until very smooth.
3. Heat a grill to high.
4. Remove the steaks from the marinade, and grill for 7 minutes per side for medium-rare. Transfer the steaks to a cutting board and let rest for 5 minutes.
5. Slice the steaks across the grain into thin slices. Serve topped with the sauce.