



MARINATED FLANK STEAK

Men's Physique IFBB Pro Emanuel Hunter's Go-To Recipe



Marinade #1



STEAK & RICE BOWL

INGREDIENTS

1½-2 pound flank steak

Marinade #1

- 1 bunch parsley
- 5 cloves garlic, smashed
- ⅓ cup olive oil
- ⅓ cup soy sauce, low sodium
- 2-3 tablespoons sriracha sauce
- 1 lemon, juice and zest

Marinade #2

- ⅓ cup soy sauce
- 1 teaspoon olive oil
- 1 tablespoon balsamic vinegar
- 1-2 cloves garlic, chopped
- 1 teaspoon ground ginger
- ¼ teaspoon salt
- ¼ teaspoon pepper
- green onions sliced for garnish



Marinade #2



Marinade #3

Marinade #3

- ¼ cup low sodium soy sauce, (tarmari for gluten-free)
- 3 tablespoons rice vinegar
- 1 tablespoon toasted sesame oil
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 teaspoon sriracha
- ⅓ cup sliced green onions
- ¼ cup chopped cilantro
- 1 tablespoon grated fresh ginger
- 1 teaspoon grated garlic
- Salt and freshly ground black pepper to taste

INSTRUCTIONS

Mix the marinade in a glass measuring cup or bowl.

Add a flank steak to a resealable freezer bag and put in the marinade. Cover and marinate in the fridge for a minimum of an hour. Press the air out of the bag as you seal it and then massage the marinade into the meat. Let the steak marinate for at least an hour and up to 6 hours.

Pro Tip: When marinating the steak for longer than 1 hour you should refrigerate.

When you are ready to cook the steak, remove from refrigerator and set it on the counter for 5 minutes. Remove the steak from the marinade.

To Broil

Place the steak on broil pan. Cook on high for 6 minutes each side for medium rare.

After turning over, top with green onions.

To Grill

Preheat the grill to high (450-500 degrees). Clean the grates and oil them.

Remove the steak from the marinade. Place it onto the grill grates.

Let the steak cook for 5-6 minutes and then flip it over and grill another 5-6 minutes or until the internal temperature is 130-135° F (medium-rare).

TO SERVE

For either cooking method, when the steak is done, let the steak rest for 5-10 minutes before thinly slicing it. Be sure to slice against the grain.



Serving Suggestion

Steamed rice prepared in a rice cooker makes the perfect meal prep
STEAK & RICE BOWL!