

Herb Crusted Flank Steak

1 pound flank steak, visible fat removed
1/4 teaspoon salt
1/2 teaspoon tarragon
1/2 teaspoon garlic, minced
1/4 teaspoon freshly ground pepper
2 tablespoons Dijon® mustard
1/4 cup whole wheat bread crumbs
1 tablespoon fresh parsley, chopped

Directions:

Preheat broiler and pan. Combine the salt, tarragon, garlic, pepper, and Dijon mustard in a small bowl. Spread half this mixture onto one side of the meat. Broil mustard side up, about 4 inches from the heat for 4 minutes. Turn the meat over, spread the remaining mixture, and broil for an additional 3 minutes. Combine bread crumbs and parsley, pat evenly on meat. Broil 1 minute more. Let stand 5 minutes. Slice steak thin diagonally across the grain.

Serves 4.

Courtesy of
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