

Ginger Soy Flank Steak

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Prep Time: 5 minutes

Cook Time: 16 minutes

Total Time: 21 minutes

Author: Beachbody

Yield: 6 servings

Flavors of ginger, garlic, soy sauce, and honey combine to create an umami sauce that takes lean flank steak to another level of delicious. The marinade takes minutes to make, and about an hour to fully flavor and tenderize the meat, but if you're in a hurry, you can cook the steak after just 30 minutes.

Ingredients for Ginger Soy Flank Steak:

- 2-inch slice fresh ginger, peeled, finely chopped
- 3 cloves garlic, finely chopped
- 1 Tbsp. crushed red pepper
- 2 Tbsp. fresh lime juice
- 1 Tbsp. raw honey
- $\frac{1}{4}$ cup reduced-sodium soy sauce
- 1 tsp. sesame seed oil
- $1\frac{1}{2}$ lbs. flank steak (or tenderized round steak)



Instructions for Ginger Soy Flank Steak

1. Combine ginger, garlic, red pepper, lime juice, honey,

- soy sauce, and oil in a small bowl; whisk to blend.
2. Place steak in a shallow dish. Pour ginger mixture over steak; marinate, covered, turning once, for 1 hour in the refrigerator.
 3. Preheat grill or broiler on high.
 4. Grill or broil steak for 5 to 8 minutes on each side, or until the internal temperature reaches desired temperature on your meat thermometer (rare is 120° F., medium rare is 125° F., medium is 130° F.). Remove from heat; let steak rest for 5 to 10 minutes before slicing.
 5. Slice steak thinly against the grain.



CONTAINERS: ONE RED and 1/2 YELLOW

Ginger Soy Flank Steak was paired with the Arugula Salad, see this recipe [HERE](#).