

## Grilled Flank Steak with Corn, Black Bean and Avocado Salad



### main meals

**POINTS®** Value: 6  
Servings: 4  
Preparation Time: 20 min  
Cooking Time: 11 min  
Level of Difficulty: Easy

Simply seasoned steak is topped with a fabulous Mexican corn salad. Let the meat sit before slicing it to maximize its juiciness.

### Ingredients

- 1 pound raw lean flank steak
  - 1 medium garlic clove(s), peeled and smashed with side of a knife
- 1 tsp fresh lime juice
  - 1/8 tsp table salt
  - 1/8 tsp black pepper, freshly ground

### Salad

- 1 Tbsp jalapeno pepper(s), minced (do not touch seeds with bare hands)\*
- 1 small corn on the cob, cooked, kernels removed
- 1/2 medium avocado, peeled, pitted and diced
- 1 cup canned black beans, drained and rinsed
- 4 tsp fresh lime juice
- 2 Tbsp cilantro, fresh, minced
- 1/8 tsp table salt
- 1/8 tsp black pepper

### Instructions

Preheat grill to medium hot.

Score steak on one side by making shallow crisscross slashes with a sharp knife; rub garlic over cut surface of steak. Brush steak with lime juice and season with salt and pepper; set meat aside for 10 minutes to allow meat to absorb flavors.

Meanwhile, combine salad ingredients in a medium bowl; stir gently and set aside.

Grill flank steak for 5 minutes on first side; flip and grill until well-browned on outside and medium-rare inside, about 5 to 6 minutes more. Immediately remove steak from grill and set aside on a clean plate for 5 minutes for meat to reabsorb juices. Thinly slice steak across grain and serve with salad. Yields about 3 1/2 ounces of steak and 1/2 cup of salad per serving.

### Notes

\*One tablespoon of minced jalapeno equals one very small chile. Taste a piece. If it has no bite, add 1/4 teaspoon of crushed red pepper flakes to the salad.

Letting cooked meat sit to reabsorb its juices is key to a great steak.

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