

GRILLED FLANK STEAK SALAD WITH ROASTED CORN VINAIGRETTE



INGREDIENTS

3 cups corn, whole kernel
1/2 cup vegetable stock,
2 tablespoon fresh lime juice
1/2 cup red bell pepper, chopped
2 tablespoon evoo
1 tsp salt
1/2 tsp ground black pepper
1/4 cup fresh cilantro, chopped
1 tablespoon ground cumin
2 teaspoon dried oregano
1/4 teaspoon red pepper flakes
3/4 pounds beef, flank steak
1 head lettuce, romaine, trimmed and torn into bite-sized pieces
4 cup cherry tomato, halved
3/4 cup red onion, thinly sliced
1 1/2 cup black beans

DIRECTIONS

Serves 6

Place a dry, large cast iron or heavy nonstick frying pan over medium-high heat. Add the corn and cook, stirring often, until the corn begins to brown, 4 to 5 minutes. Remove from the heat and set aside.

In a food processor, combine the stock, lime juice, bell pepper and 1 cup of the roasted corn. Pulse to puree. Add the olive oil, 1/2 teaspoon of the salt, 1/4 teaspoon of the black pepper and the cilantro. Pulse to blend. Set the vinaigrette aside.

In a small bowl, mix together the cumin, oregano, red pepper flakes and the remaining 1/2 teaspoon salt and 1/4 teaspoon black pepper. Rub on both sides of the steak. Place the steak on the grill rack or broiler pan and grill or broil, turning once, until browned, 4 to 5 minutes on each side. Cut into the center to check for doneness (medium doneness is 160 F if using a meat thermometer). Let stand for 5 minutes. Cut across the grain into thin slices. Cut the slices into pieces 2 inches long.

In a large bowl, combine the lettuce, tomatoes, onion, black beans and remaining roasted corn. Add the vinaigrette and toss gently to mix well and coat evenly.

To serve, divide the salad among individual plates. Top each serving with slices of grilled steak.