

Ginger Soy Flank Steak



Steak night always feels like a special occasion, even when you use a simple recipe like this one. 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.

Total Time: 1 hr. 21 min. | **Prep Time:** 5 min. | **Cooking Time:** 16 min. | **Yield:** 6 servings

Ingredients:

- 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
- ¼ cup reduced-sodium soy sauce
- 1 tsp. sesame seed oil
- 1½ lbs. flank steak (or tenderized round steak)

Preparation:

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, covered with aluminum foil, for 5 to 10 minutes before slicing.
5. Slice steak thinly against the grain.

Nutrition Facts

Amount Per Serving	
Calories	206
Total Fat	9 g
Saturated Fat	4 g
Cholesterol	74 mg
Sodium	415 mg
Total Carbohydrate	6 g
Dietary Fiber	0 g
Sugars	3 g
Protein	25 g

Portions (per serving)

P90X® + P90X2®		
2 Proteins		
P90X3®		
½ Carb	1½ Protein	
Body Beast®		
4 Proteins	1 Vegetable	
21 Day Fix®		
1 Red	½ Yellow	½ tsp.