

# Flank Steak

## Description

Indoors

Broil 5 minutes each side, cover lose with foil and rest 10 minutes

TBL oil in cast iron - high heat 6 to 8 minutes and rest in preheated oven 200 while making sauce

## Ingredients

## Instructions

## Summary

**Yield:** 2

**Prep Time:** 5 minutes

**Category:** Meats

**Cuisine:** American

**Tags:** steak, flank, cooking method