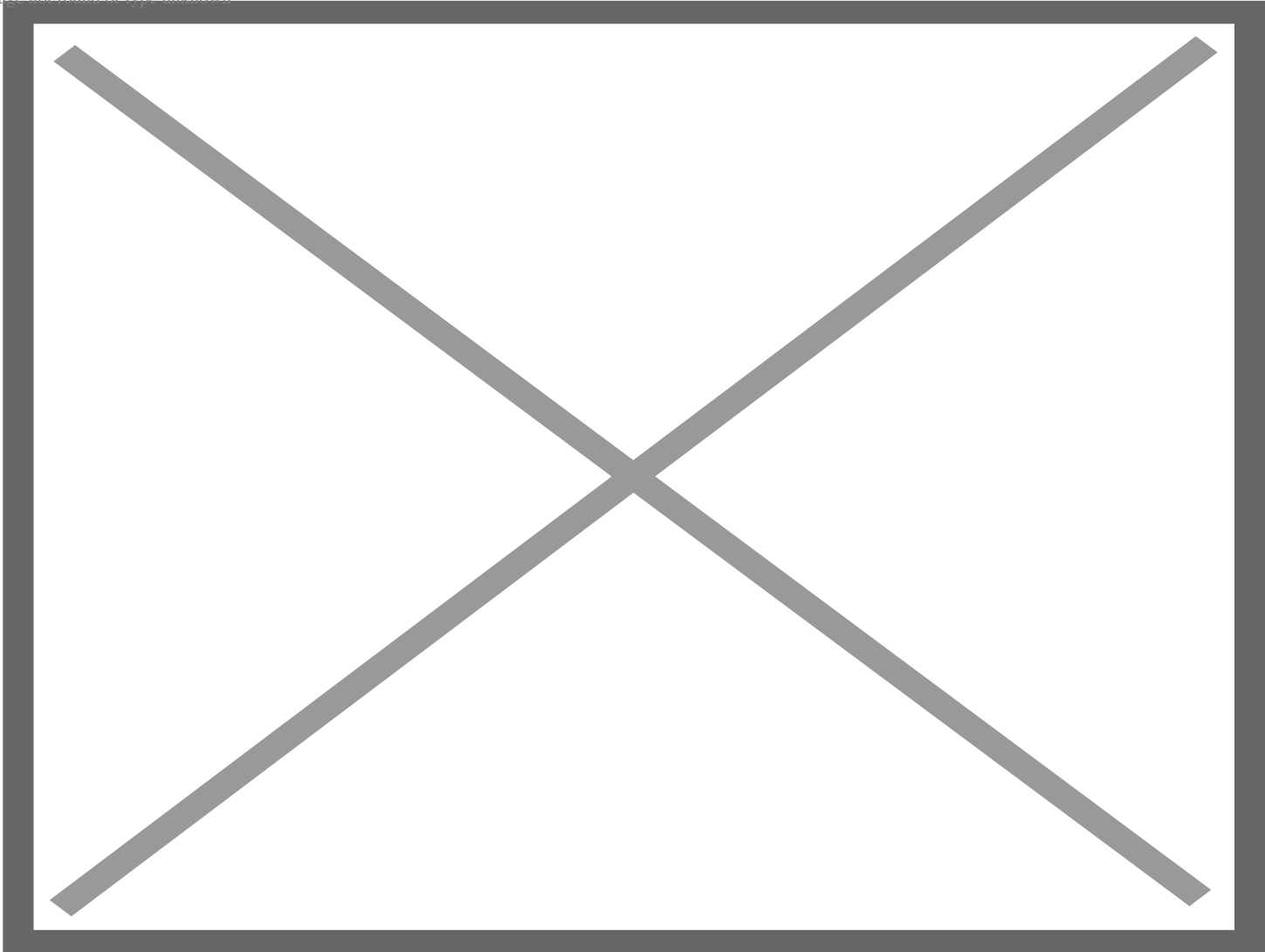


Perfect Flat Iron Steak

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Joe's Flat Iron Steak

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Ingredients

- 1 (2 pound) flat iron steak
- 2 ½ tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon chopped fresh parsley
- ¼ teaspoon chopped fresh rosemary
- ½ teaspoon chopped fresh chives
- ¼ cup Cabernet Sauvignon (or other dry red wine)
- ½ teaspoon salt
- ¾ teaspoon ground black pepper
- ¼ teaspoon dry mustard powder

Instructions

- Place steak inside a large resealable bag. Stir olive oil, garlic, parsley, rosemary, chives, salt, and mustard powder together in a small bowl.
- Pour marinade over steak in the bag. Press out as much air as you can and seal the bag. Marinate for 2 to 3 hours.
- Heat a nonstick skillet over medium-high heat. Sear and cook the steak in the hot skillet for 4 to 5 minutes on each side for medium rare, or to your desired degree of doneness. An instant-read thermometer should read 130 degrees F for medium rare.
- Discard the marinade. Allow the steaks to rest for about 5 minutes.
- Serve and Enjoy!

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