

Tender Marinated Flank Steak with a Flavorful Sauce - Juicy, Bold & Grill-Ready

Tender Marinated Flank Steak



TIME
2 min

TEMP
140°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

- 2 lbs flank steak
- ¾ cup soy sauce
- 1/3 cup vegetable oil
- 2 tbsp dark brown sugar
- ¼ cup Worcestershire sauce
- 1 tsp Dijon mustard
- 4 cloves garlic, minced
- 2 tbsp fresh chives, minced
- 1 ½ tsp ground black pepper
- 2 tsp balsamic vinegar

DIRECTIONS

1. Prepare the Marinade: In a large dish or Ziploc bag, whisk together:
2. Soy sauce
3. Vegetable oil
4. Dark brown sugar
5. Worcestershire sauce
6. Dijon mustard
7. Garlic
8. Chives
9. Black pepper
10. Balsamic vinegar
11. Marinate the Steak: Add flank steak and ensure it's fully coated. Cover and marinate in the fridge overnight, or at minimum 6-8 hours.
12. Preheat the Grill: Heat your gas or charcoal grill to high heat.
13. Grill the Steak: Remove steak from marinade and let excess drip off.
14. Grill over high heat for 2 minutes per side.
15. Reduce heat to medium and cook an additional 7-10 minutes, flipping once, until desired doneness: 130°F for medium-rare
16. 140°F for medium
17. Remove and rest under foil for 5-10 minutes.
18. Make the Sauce: While steak rests:
19. Pour ¾ of the leftover marinade into a saucepan.
20. Simmer for 10 minutes until slightly reduced.
21. Remove from heat and set aside.

22. **Slice & Serve:** Slice steak thinly against the grain. Serve with a drizzle of the reduced sauce and garnish with extra chives or parsley if desired.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/tender-marinated-flank-steak-with-a-flavorful-sauce-juicy-bold-grill-ready/>