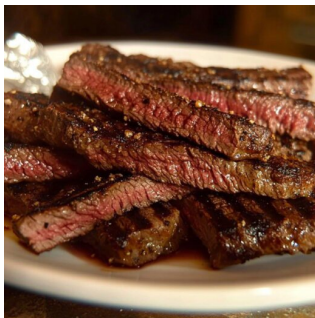


Perfectly Seared, Boldly Seasoned, and Sliced to Impress-This Is Steak Done Right

Grilled Medium-Rare Steak Strips



OVEN
500°F

TIME
15 min

TEMP
140°F

PRINT
Recipe Card

INGREDIENTS

You'll Need (Serves 3-4 | Prep Time: 10 mins | Cook Time: 10 mins | Rest Time: 5 mins)

DIRECTIONS

1. Step-by-: Step)
2. Preheat the : Grill
3. I heat the grill to
4. high (450-500°F / 230-260°C)
5. and give the grates a good scrub. This ensures a clean, hot surface for a quick, even sear.
6. Mix the : Dry Rub
7. In a small bowl, I combine the
8. black pepper
9. garlic powder
10. onion powder
11. crushed red pepper flakes
12. . It's a simple, bold mix that brings out the best in the steak.
13. Prep the : Steak
14. pat the steak dry
15. with paper towels, then
16. rub it down with olive oil
17. . This helps the seasoning stick and enhances the sear.
18. I sprinkle the spice blend evenly over both sides and press it in gently with my hands. The goal is a well-seasoned crust that will crisp up beautifully on the grill.
19. Grill to : Perfection
20. I place the steak directly over the heat and
21. grill for 4-5 minutes per side
22. , flipping just once. I'm aiming for a nice dark sear and an internal temp of

23. 130°F (54°C)
24. for that medium-rare magic.
25. Flank and skirt steak are both thin and cook fast-so I stay close and watch the clock.

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

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