



Peppercorn & Coriander-Crusted Flank Steak

PREP TIME: 15 min + 60 min resting | COOK TIME: 10 min

SERVINGS: 4 | PER SERVING: **210** Calories

Ingredients

1 lb. trimmed flank steak
(3/4"-1" thick)
1 tsp whole green peppercorns
1 tsp whole pink peppercorns
1 tsp whole black peppercorns
2 tsp coriander seeds, whole
2 tsp brown sugar
1/2 tsp kosher salt
2 Tbsp. Dijon mustard

Tips

Allow steak to marinate with mustard and rub overnight for more flavor.



Exclusive Recipe by **Chef Ryan Hutmacher**, Centered Chef Founder & Winner of ABC's "The Chew: Search for the Weight Watchers Chef"

METHOD

Coarsely crush the peppercorns and coriander seeds in a mortar and pestle or with a small heavy skillet. You can also use a coffee grinder or food processor. Mix with the brown sugar and salt until well-combined.

Let the steak rest for an hour, at room temperature. Blot excess moisture, then brush the steak with the mustard, sprinkle with salt, and coat with the spice mixture. Gently press the spices into the meat.

Pre-heat your grill at medium-high for 15 minutes. Apply pan spray to both sides of the steak then place the steak on the grill over direct heat for 4-6 minutes. Flip and repeat for approximately another 4-6 minutes for medium (the meat should register 140 degrees on an instant-read thermometer, placed through the thickest part of the meat).

Remove the steak from the grill and place on a platter, cover lightly with foil and let the meat rest for at least 10 minutes. Transfer to a cutting board and slice thinly across the grain. Serve the steak with any accumulated juices spooned over the meat.

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