

Flank Steak with Avocado Salad

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This delicious avocado salad recipe can be made about an hour ahead of time and held in the refrigerator until the steaks are done grilling. This recipe would be really good to eat outside or at a barbecue. Serves 6.

Ingredients:

1 large flank steak, about 4 pounds
Juice of 4 limes
1 teaspoon cayenne, optional
1 tablespoon cumin
Salt and pepper, as needed
2 whole avocados, peeled, pitted, and diced
1/2 small white onion, chopped small
1 cup chopped cilantro
1 lime

Directions:

1. Place the steak in a large bowl or pan and cover with the lime juice, spices and salt and pepper. Refrigerate for at least 2 hours.
2. Pull out the steak and let come to room temperature. While the steak is warming up make a fire in a grill outside or heat an oven to broil.
3. In a small bowl combine the avocado, onion, juice of one lime, and salt and pepper. This can be set aside in the refrigerator until the steak is cooked.
4. Place the steak on the hottest part of the grill or in the oven and cook for 4 minutes on each side, for medium, or until cooked as desired.
5. Set steak aside on a serving platter.
6. Toss the cilantro with the avocado salad and place along side the steak.
7. Eat with a fine white wine!

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