

HOW TO MAKE ROBERT IRVINE'S

CLASSIC FLANK STEAK



INGREDIENTS

- 1 8oz flank steak
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 2 garlic cloves, minced
- 3 tbsp grapeseed oil
- 3 sprigs basil, chopped

SERVES
2

*[Scale the ingredients
for your family and friends.]*

- 1 In a mixing bowl add balsamic vinegar, Dijon mustard, and garlic.
- 2 Slowly incorporate grapeseed oil. Add basil.
- 3 Marinate steak for at least 3 hours in the refrigerator, though it can sit for up to 24 hours.
- 4 Place steak on a hot grill, cook for approximately 5–8 minutes or until steak reaches desired temperature.
- 5 Serve as medium rare (recommended) or at an internal temperature of 125 degrees.
- 6 Serve with a side of corn on the cob.
- 7 Don't forget Pure Life® water!



Make the recipe and share with
#PureLifeSummerChallenge