

Greek Yogurt Garlic Marinated Flank Steak

Serves 4

Ingredients

For the Marinade

2 lbs flank steak
1/2 cup Greek yogurt
2 cloves garlic, chopped
1/2 teaspoon salt
1/4 teaspoon pepper
1 teaspoon vegetable oil

For the Sauce

1/2 cup Greek yogurt
1 tablespoon chopped chives
1/4 teaspoon salt
Pepper

Add the Greek yogurt, garlic, salt, pepper, and vegetable oil to a mixing bowl and then add the flank steak, coating the sides. Cover and marinate at least 4 hours or overnight. Remove the steak at least 30-minutes before grilling from the fridge, removing excess marinade.

Heat your grill to medium-high heat or hot coals and then place the flank steak over the hottest part of your grill. Let cook 3 to 5-minutes then turn to create grill marks. Cook another 3 minutes.

Flip the steak and cook for 3 to 5-minutes. Turn to create grill marks and cook another 3 minutes then remove from heat. Tent with foil and let rest for 10-minutes.

While the meat is resting, make the sauce. In a small bowl add the Greek yogurt, chopped chives, salt and pepper.

Slice the steak against the grain and serve alongside sauce.

Credit: popsugar.com