

PREPARATION: 30 MINUTES

COOKING: 20 MINUTES

SERVINGS: 6

RUBBED FLANK STEAK

Nutrient Analysis

PER SERVING: 1/6 of recipe

RENAL EXCHANGE: 3 Meat + 2 Higher-Potassium Vegetable

Calories	238Kcal	Sodium	78 mg
Protein	24g	Potassium	724 mg
Total Carbohydrate	10g	Phosphorus	273 mg
Fiber	3g	Calcium	60 mg
Sugars	4g	Iron	3 mg
Fat	12g	Magnesium	49 mg
Saturated	3g	Vitamin C	41 mg
Cholesterol	69 mg		

Diet Types

- CKD Non-Dialysis
 Dialysis/Diabetes
 Dialysis
 Transplant

RUBBED FLANK STEAK

INGREDIENTS

1.3 lbs flank steak

Spice rub

2 tablespoons instant coffee

½ tablespoon chili powder

1 tablespoon paprika

½ tablespoon garlic powder

½ tablespoon cumin

½ tablespoon brown sugar

½ teaspoon ground black pepper

½ teaspoon coriander

Grilled vegetables

*2 small red peppers, cored and
chopped*

1 red onion, peeled and chopped

2 small zucchini, washed and sliced

12 white mushrooms

2 tablespoons extra virgin olive oil

2 garlic cloves, minced

*1 tablespoon fresh rosemary,
chopped*

1 teaspoon ground black pepper



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PREPARATION

- 1** Make spice rub by blending coffee and all spices together. You will need 2–4 tablespoons of rub for 1.3 lbs of steak. Keep any extra spice rub (must not have touched the meat) in a jar with a lid for up to 3 months.
- 2** Remove flank steak from the refrigerator at least 30 minutes before grilling to allow it to reach room temperature. This will allow for a more accurate cooking doneness. Apply the spice rub.
- 3** Toss vegetables with the olive oil, garlic, rosemary and pepper on a large piece of aluminum foil. Seal the vegetables in the foil by making a pouch.
- 4** **Using the grill**

Preheat grill to medium-high heat. Grill the vegetables in the pouch for 15–20 minutes. Flank steak is a lean cut of meat and is best served medium rare.* Grill steak for approximately 4 minutes per side.

Using the stove

Preheat the oven to 400°F. Bake the vegetables in the pouch for 15–20 minutes. You can also roast the vegetables uncovered on a baking sheet. For the steak, heat grill pan to medium-high and add 1 tablespoon of oil. Fry approximately 4 minutes per side.

- 5** When the steak is ready, allow the meat to rest for at least 5 minutes before slicing. By resting the meat, you ensure that the juices don't run out of the steak when sliced. Cut the steak in slices against the grain and serve with the vegetables.

* Mechanically tenderized meat, such as flank steak, must be cooked until an internal temperature of 160°F is reached.