Cooking at the Cottage

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# Flank Steak Summer Salad

*serves 4*

This salad is filled with goodness! Featuring flank steak in a salad just may convince meat lovers that a salad can be a satisfying dinner. Flank steak grilled to a perfect medium-rare is thinly sliced, and then served on a bed of summer's best vegetables. Ripe slices of heirloom tomatoes, peppery arugula, creamy avocado, ribbons of cucumber, fresh basil, and a red wine vinaigrette will elevate your salad game to new heights.

***Steak Ingredients:***
16 oz flank steak
2 tablespoons olive oil
2 teaspoons Worcestershire sauce
1 teaspoon kosher salt
1 teaspoon pepper

***Red Wine Vinaigrette:***
*Makes about 1/3 cup:*
3 tablespoons extra virgin olive oil
1 tablespoon red wine vinegar
1 tablespoon shallot, finely minced
1 teaspoon Dijon mustard
Kosher salt
Freshly ground black pepper

***Salad Ingredients:***
4 cups arugula
1/2 English cucumber, shaved into ribbons
1 shallot, thinly sliced
2 heirloom tomatoes, sliced into wedges
1 avocado, sliced
Parmesan cheese, shaved
6 fresh basil leaves, chiffonade cut for garnish

***Directions:***
1. Drizzle the flank steak with the olive oil and Worcestershire sauce on both sides. Sprinkle both sides generously with kosher salt and pepper. Allow the steak to come to room temperature for about 30 minutes before grilling.

2. Grill the steak! Fire up the grill, preheat to high. Place the steak on the grill, and cook for 5 minutes, flip once, and cook for another 5 minutes. Continue grilling and flipping until the internal temperature reaches 135 degrees F for medium-rare. Remove the steak from the grill, and let it rest for 10 minutes. Cut the steak into strips against the grain.

2. Prepare the tomatoes, cucumber, avocado, shallot, and Parmesan cheese.

3. Make the vinaigrette by whisking all ingredients together until well-combined.

4. Mix the salad together in a large bowl by adding the arugula, cucumber ribbons, and shallot together, and tossing with the vinaigrette. Divide into bowls or plates, and top with the grilled steak, tomato slices, avocado, and Parmesan cheese shavings. Garnish with ribbons of fresh basil.