

Marinated Flank Steak with Goat Cheese Pierogi

Chef *Andy* of Ru's Pierogi

RECIPE MAKES: 40 SERVINGS

INGREDIENTS

- ♥ 5 lbs. flank steak, trimmed
- ♥ 34 oz. arugula
- ♥ 17 Ru's Goat Cheese Pierogi
- ♥ 1 cup soy sauce, reduced sodium
- ♥ 1 cup white vinegar
- ♥ 1 cup sugar
- ♥ ½ cup Worcestershire sauce
- ♥ 1 Tbsp. each
 - Sugar
 - Garlic powder
 - Oregano
 - Thyme
 - Crushed Red Pepper flakes
 - Sesame seeds

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(136g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 440mg	19%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 3mg	15%
Potassium 336mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Mix all marinade ingredients together...place steak in pan and pour marinade over steak
2. Let marinate anywhere from 4-24 hours in refrigerator
3. Heat grill or grill pan on high (get as hot as possible)
4. Sear steak on both sides. Turning once per side and only flipping once

*** You want to get a good sear on both sides → the sugar from the marinade will help with this greatly***

Time steak is on the grill to achieve medium rare →

5. Side one 7-9 minutes. Turn half rotation after 3.5-4 minutes. Flip
6. Side two 6-8 minutes. Turn half rotation after 3-4 minutes
7. Take off grill and let rest on cutting board for 10 minutes covered with a piece of foil do not wrap (just loosely cover with foil)
8. Sauté pierogi in olive oil until golden brown and heated through
9. Approximately 3 minutes on a side on medium heat in sauté pan

Plating:

- Place 2oz. of arugula down in center of plate
- Place one Ru's Goat Cheese Pierogi on top of arugula
- Place 2 oz. of flank steak on top of pierogi and serve

Healthy Options.

