

Balsamic & Blue Cheese Steak Sandwich

Use Flank Steak, arugula, blue cheese and ciabatta bread for a fresh and tasty sandwich. Perfect to make for lunch or a quick dinner.

INGREDIENTS

- 1 beef flank steak (about 1 pound)
- 1 teaspoon fennel seed, toasted, crushed
- 3/4 cup balsamic vinegar, divided
- 3 tablespoons olive oil, divided
- 1 teaspoon salt
- 1 teaspoon crushed black pepper
- 1 ciabatta baguette loaf (about 15 inches)
- 2 cups arugula
- 3/4 crumbled blue cheese



40 Min



4
Servings



42 Cal



32g
Protein

COOKING

1. Combine fennel seed, 1/2 cup balsamic vinegar, 1-1/2 tablespoons olive oil, salt and pepper in small bowl; mix well. Place beef steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely; marinate in refrigerator 6 to 24 hours.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals; grill steak, covered, 11 to 16 minutes (over medium heat on preheated gas grill, covered, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steak diagonally into thin slices.
3. Meanwhile cut ciabatta in half lengthwise; brush cut sides with remaining olive oil. Grill cut-side-down, during last 2 minutes of grilling beef
4. Place steak slices on bottom half of bread, top with arugula and blue cheese; drizzle with remaining balsamic vinegar. Close sandwich.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		22g	86mg		21g	32g	1	0

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

Courtesy of BeefItsWhatsForDinner.com