

# Flank Steak Sandwiches Recipe

Serves 2-3

## ***Flank Steak Ingredients:***

½ lb flank steak  
½ cup balsamic vinegar  
¼ cup olive oil  
1 tbsp worcestershire sauce  
1 tbsp Dijon mustard  
2 tbsp fresh rosemary, minced  
2 garlic cloves, minced  
1 tbsp peppercorns  
1 tsp salt  
½ cup fresh arugula  
2 cibatta rolls, toasted

## ***Caramelized Onion Ingredients:***

1 tbsp olive oil  
1 red onion, sliced into half moons  
Salt and pepper to taste  
1 tsp balsamic vinegar

## ***Horseradish Vinaigrette Ingredients:***

1 tbsp prepared horseradish  
1 tsp Dijon mustard  
1 tsp red wine vinegar  
3 tbsp olive oil  
1 tbsp chives

Salt and pepper to taste

### ***Flank Steak Directions:***

In a shallow Pyrex casserole dish combine the vinegar, olive oil, worcestershire sauce, mustard, and whisk to combine. Add the rosemary, garlic, peppercorns, and salt, then stir to combine.

Place the steak in the marinade and coat on all sides. Refrigerate for at least 1-2 hours, but overnight is really best!

Heat a well-oiled grill pan over medium high heat.

Remove the steak and wipe off the marinade with a paper towel assuring the meat is dry. Sprinkle with salt and pepper, and grill for 5 mins on each side for medium rare.

Remove from grill and allow to rest, covered with foil, on a cutting board for at least 10-15 mins.

### ***Caramelized Onion Directions:***

Meanwhile prepare the onions, heat the olive oil in a pan, add onions, salt, and sauté until the onions are soft and begin to brown (about 10 mins). At this stage, add the balsamic vinegar, cool until the liquid evaporates and onions are nicely caramelized. Set aside.

Next, slit the rolls horizontally and lightly toast in your broiler or toaster oven.

### ***Horseradish Vinaigrette Directions:***

Combine the horseradish, mustard, and vinegar in a bowl and whisk to combine. Then, slowly add the oil, whisking all the while to emulsify. Then, add the chives, salt, and pepper.

***Assembly Directions:***

Spread the horseradish vinaigrette on both sides of the roll.

On the bottom half: arrange 5-6 pieces of steak, top with onions, arugula, and the top bun.