

Flat Iron Steak with Creamy Horseradish Sauce & Roasted Vegetables

Recipe: Melissa Schenker/Foodie for Two

Serves two foodies, plus leftovers

Ingredients:

Steak & Marinade

1 pound flat iron steak

¼ cup olive oil

1 clove garlic, finely minced

1 teaspoon chopped fresh thyme (or ½ teaspoon dried)

1 tablespoon chopped fresh basil (or ¾ teaspoon dried)

1 teaspoon chopped fresh tarragon (or ½ teaspoon dried)

½ teaspoon kosher salt

1/8 teaspoon fresh cracked pepper

Roasted Vegetables

3 carrots, peeled and cut into ¼ inch thick diagonal pieces

1 medium sweet onion, halved and cut into slices and halved again

12 to 15 fingerling potatoes, cut into thirds or half depending upon size

Creamy Horseradish Sauce

1 tablespoon horseradish

1/2 cup mayonnaise

¼ cup sour cream

1/8 teaspoon lemon zest

1/8 teaspoon kosher salt

Pinch of fresh-cracked pepper



Directions:

Marinate and grill the steak:

Add the olive oil, garlic, herbs and spices to a small bowl and mix well. Place the steak on a large plate or dish and pour 2 tablespoons of the marinade on the steak (coat both sides) and rub into meat. Cover with plastic wrap and let marinate in the refrigerator for 4 hours.

Heat the grill to high, season the meat well with salt and pepper and grill for 4 to 5 minutes on each side for medium rare. Transfer to a cutting board and cover tightly with aluminum foil. Let rest for 5 minutes. Thinly slice and serve with the roasted vegetables and creamy horseradish sauce.

Roast vegetables:

Add the cut vegetables to a large bowl and pour the rest of the marinade over the vegetables. Toss well to coat, cover with plastic wrap and let sit for an hour in the refrigerator.

Heat oven to 400 degrees F. Transfer the vegetables (drain extra marinade) to a sheet pan lined with parchment paper or a 9 x 12 casserole dish, cover with foil and cook for 25 minutes until potatoes are just tender. Remove foil, increase temperature to 425 degrees F and continue roasting until vegetables are soft and golden, about 10 minutes.

Creamy Horseradish Sauce:

Add all ingredients to a medium bowl and stir well. Refrigerate until ready to use. Sauce will keep in the refrigerator (covered) for 1 week.

- Timing: when the foil is removed from the vegetables, start grilling the meat
- Marinade: Fresh herbs provide brighter, more concentrated flavors that penetrate the meat more than dried herbs. Rosemary is also a nice addition.
- Tri-tip steak is a great substitution
- Leftover meat? Make a sandwich: Spread the horseradish sauce on the bread, add sliced meat and crispy lettuce.

Eat well and share the love!

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