

FLANK STEAK FLATBREAD

USING CREAMY DIJON MUSTARD WHITE WINE SAUCE

Serves:

3

Total Time:



INGREDIENTS

1/2 bottle (4 oz)

Blount Clam Shack
Creamy Dijon
Mustard White
Wine Sauce



1 lb
Flank
Steak



1
White
Onion



3
Flatbreads



1/2 cup
Blue
Cheese
(Crumbled)



1
Green Bell
Pepper

+ these
pantry
items:

Salt
Pepper
Canola Oil

COOKING INSTRUCTIONS

1 PREP

- Preheat oven to 400°F
- Wash and dry all produce.
- Peel, halve, and julienne **white onion**.
- Remove stem and seeds, julienne **green bell pepper**.
- Pat **Flank Steak** dry, season with **salt** and **pepper**.

2 COOK STEAK

- Preheat a non-stick pan on medium/high heat. Add **1 tbsp. canola oil**, allow to heat about 1 minute. Add **flank steak**; sear for 2 minutes each side or until it begins to brown.
- Transfer **flank steak** from pan to a sheet pan. Continue to cook in oven until fully cooked* (About 8 minutes)

3 SAUTÉ

- Meanwhile, using the same non-stick pan from the steak, add **pepper** and **onion**. Sauté for about 5 minutes until softened. Add the **Creamy Dijon Mustard White Wine Sauce**, heat until it begins to simmer. Remove from heat, set aside.
- Remove **flank steak** from oven and let rest 5 minutes. Slice into 1/4" pieces.
- Add **flatbreads** to the oven, cook for 5 minutes or until they begin to stiffen.

4 ASSEMBLE & SERVE

- Transfer **flatbreads** to a cutting board. Evenly distribute the cooked **peppers**, **onions**, **flank steak slices**, and **blue cheese crumbles**.
- Cut into 6 pieces per **flatbread** and serve.

*Steak is fully cooked when internal temperature reaches 145° F.



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