

# grilled sesame-ginger steak with a creamy crunchy cucumber and pepper salad

BY CAROLINE CHAMBERS

Serves 2-4

Cook time: ~1 hour (but if you're able to, marinate the steak for up to 48 hours!)

## Tools:

- [Blender](#)
- Gallon-sized Ziploc, sealable container, or bowl with plastic wrap
- [Cutting board](#)
- [Chef's knife](#)
- [Medium bowl](#)
- [Tongs](#)
- Grill (see notes if you don't have one)
- [Meat thermometer](#)
- Foil

## Ingredients:

- 1/3 cup extra-virgin olive oil
- 1/4 cup neutral oil (such as avocado)

- 1/3 cup low-sodium soy sauce
- 1/3 cup rice vinegar
- 3 tablespoons honey
- 2 tablespoons tahini
- 3 garlic cloves, peeled (or 3 frozen garlic cubes)
- 2-inch piece of fresh ginger, peeled (or 5 frozen ginger cubes [like these](#))
- Kosher salt
- 1 flank steak (1 to 2 pounds, depending on how much you want/need! Makes great leftovers!)
- 2 red, orange, or yellow bell peppers (red are the most nutrient dense!)
- 1 English cucumber
- 2 large Haas avocados
- 1 tablespoon everything bagel seasoning
- Optional: flaky salt, chili crisp

Add **1/3 cup extra-virgin olive oil, 1/4 cup of any neutral-tasting oil, 1/3 cup low-sodium soy sauce, 1/3 cup rice vinegar, 3 tablespoons honey, 2 tablespoons tahini, 3 peeled garlic cloves, a peeled 2-inch piece of fresh ginger, and 1/2 teaspoon kosher salt** to a blender. Blend until smooth.

Place a **1- to 2-pound flank steak** in a Ziploc or sealable container. Add just enough of the ginger marinade to cover it. Refrigerate for up to 48 hours, or leave at room temperature for at least 30 minutes (but no more than 2 hours).

Meanwhile (up to 24 hours in advance), make the salad. Cut **2 bell peppers** into bite-sized pieces and toss into a bowl. Peel **1 English cucumber** like a zebra (make it have stripes), cut in half vertically, then slice into 1/4 inch-thick half circles. Throw them into the bowl with the pepper. Sprinkle with **a really big pinch of kosher salt**. Let the veggies sit for 10 minutes to draw some of their moisture out, then use a paper towel to dry out the bottom of the bowl and pat the vegetables dry.

*You can skip the salting step if you're pressed for time — but when vegetables are given a chance to release their moisture like this, they can then absorb the dressing.*

Pour in about **1/4 cup of the ginger dressing, 1 tablespoon everything bagel seasoning, and 3/4 teaspoon kosher salt**. Toss to coat.

Preheat grill to 450°F. *Half of the grill should have direct heat, and half should have indirect heat. If you have a gas grill, turn half of the burners on high and leave the other burners off. My grill has 2 burners, so I turn 1 on full blast, and leave 1 off. If you use charcoal, prepare the charcoal, then scooch it over to the side to leave one side with no direct heat source underneath the grates.*

When the grill is hot, brush the grill grates until they're totally clean. We do not need to oil the grates since the steak is already coated in an oily marinade.

Shake off any excess marinade, sprinkle the steak all over with **about 1 teaspoon kosher salt** (*this will help it form a nice crust*), then grill the steak for 3 minutes per side over DIRECT heat, until the steak has a really nice sear and releases easily from the grate when you try to flip it.

Transfer the steak to INDIRECT heat, then cook for anywhere from 4 to 10 more minutes, depending on the thickness of your steak, until it reaches 135°F internally for medium-rare, or 145°F for medium. Transfer to a plate and cover loosely with foil for at least 10 minutes.

*Resting meat is a very important step — if you don't let meat rest, all of the juices will just flow out when you cut it, and it will be dry!*

While the steak rests, cut the avocado into 1/2-inch pieces and gently toss it into the salad. Taste. Add some sriracha or chili crisp if you like a little heat. I add a lot more salt at this point. Continue seasoning until it's perfect!

Thinly slice the steak against the grain. *Look for the lines that run through the steak. Cut against them — perpendicular to them. Cutting against the grain makes each bite of steak more tender, because you're cutting through tough tendons that would be difficult to chew, rather than leaving them whole.* Sprinkle the cut steak with **a nice pinch of flaky sea salt** so that the inside of the steak is nicely seasoned.

Serve the steak with salad!