



Product Spotlight: Mozzarella

Because it's stored in brine or whey, fresh mozzarella stays moist and tender. This liquid also helps preserve its delicate flavour.



Grilled Flank Steak with Caprese Salad

If you are looking for the perfect summer sharing meal, you have found it! Garlic-marinated flank steak, grilled to perfection, sliced, and served with a bright tomato, basil, and mozzarella caprese salad.



40 minutes



Beef



4/6 servings

Switch it up!

Switch up this dish and turn it into steak sandwiches! Thinly slice the ciabatta, add slices of cooked steak, caprese salad and sauce of your choice.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	33g	39g

FROM YOUR BOX

	4 PERSON	6 PERSON
GARLIC CLOVES	2	3
FLANK STEAK	700g	700g + 400g
BABY CIABATTA LOAF	1	2
FIELD TOMATOES	3	3
CHERRY TOMATO MEDLEY	200g	2x 200g
ZUCCHINI	1	2
SHALLOT	1	2
BASIL	20g	2x 20g
FRESH MOZZARELLA	1	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, balsamic vinegar

KEY UTENSILS

BBQ or griddle plate, oven tray

NOTES

If you're cooking your steak on the BBQ, you can make the croutons on there too! Slice bread, rub with oil and toast on the BBQ then tear into large croutons.

No gluten option – ciabatta loaf is replaced with GF country loaf.



1. MARINATE THE STEAK

Set oven to 220°C.

Crush **garlic** and add **1/2 to a bowl** (reserve remaining for step 4) along with **2 tsp rosemary**, **2 tbsp olive oil**, **salt** and **pepper**. Mix to combine. Coat **steak** in **marinade** and set aside.

6P – add **3 tsp rosemary**, **3 tbsp olive oil** and **remaining ingredients to marinade**.



2. TOAST THE BREAD

Roughly tear **ciabatta loaf** and place on a lined oven tray (see notes). Drizzle liberally with **oil**. Bake for 5 minutes, or until golden and crunchy.



3. PREPARE THE SALAD

Slice **field tomato** and **shallot**, halve **cherry tomatoes** and ribbon **zucchini**.



4. MAKE THE DRESSING

Add remaining **crushed garlic** to a bowl along with **3 tbsp olive oil**, **2 tsp vinegar**, **salt** and **pepper**. Whisk to combine.

6P – add **1/4 cup olive oil**, **3 tsp vinegar** and **remaining ingredients to dressing**.



5. COOK THE STEAK

Heat a BBQ hot plate over medium-high heat. Add **steak** and cook for 3–5 minutes each side or until cooked to your liking. Set aside to rest.



6. FINISH AND SERVE

Finely chop **basil** and drain **mozzarella**.

Serve **salad** on a large platter. Spoon over **dressing**, garnish with **basil** and add **mozzarella**. Slice **steak** and add to platter to serve tableside.

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