

## Charred Summer Steak Salad | bites out of life

Adapted from [Bon Appetit](#)

Serves 3-4

For the steak:

- 1 pound skirt or flank steak
- 2 large garlic cloves, pressed and crushed
- 1 teaspoon kosher salt
- 1-1/2 teaspoons pepper
- 2 tablespoons olive oil



- 1) Rinse the steak and pat it dry using a paper towel. If the steak is very long, then cut it in half so that the pieces fit neatly in a skillet.
- 2) Pat the garlic, salt and pepper onto both sides of the steak and let it marinate for an hour at room temperature.
- 3) Heat the olive oil in a heavy-bottomed skillet on high heat until it begins to smoke. Add the steaks and cook for 5-7 minutes, then flip and cook for another 4-5 minutes. If you like your steak rare, you can remove it from the heat now. If you like your steaks more cooked, cover and cook on low heat for a 5-10 minutes, checking every few minutes until they reach the desired doneness.
- 4) Let rest for at least 10 minutes, then thinly slice the steak crosswise, against the grain.

For the salad:

- 1 pint cherry tomatoes, halved
- 1 ear of corn, kernels removed from the cob
- 1/2 red onion, chopped
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups baby arugula, rinsed
- 1/4 cup olives, sliced
- 1/4 cup feta cheese, crumbled

- 1) Toss the tomatoes, corn and onions in a baking dish with the paprika, salt and pepper. Broil on high for 7-12 minutes, until the vegetables are charred.
- 2) Place the arugula on a plate and top with the roasted vegetables and olives. Top with the sliced steak and feta.

From: <http://www.bitesoutoflife.com/2011/07/08/a-charred-summer-steak-salad/>