

Balsamic Grilled Flank Steak and Arugula Salad

1.5 pounds flank steak (approx. 1 inch thick)
3 tablespoons, 3 teaspoons balsamic vinegar, separated
6 tablespoons olive oil
1 teaspoon dijon
1 clove garlic, minced
1 teaspoon chopped shallot
1 teaspoon salt
¼ teaspoon pepper
1 pint cherry tomatoes
5 ounces arugula
½ pound white cheddar cheese
drizzled extra virgin olive oil for finished product
freshly cracked pepper and kosher salt

INSTRUCTIONS:

Whisk together the 3 tablespoons balsamic vinegar, 6 tablespoons olive oil, dijon, garlic, shallot, salt, and pepper. Place steak in a zip lock bag, pour balsamic mixture over, seal air tight and refrigerate overnight or 8 hours.

Heat grill and then place marinated steak on grill top. Grill each side of the steak for 5 minutes, turning 90 degrees after 2 ½ minutes to create a diamond mark on the steak. When the steak has been grilled for a total of 10 minutes, pull from the grill. Brush with 3 teaspoons of balsamic vinegar, season with salt, then cover and let rest for 10 minutes. While steak is resting grate cheese and slice cherry tomatoes in half. Cut the steak into thin slices and serve over a bed of arugula. Garnish with cherry tomatoes, cheese, a drizzle of extra virgin olive oil, and freshly cracked pepper.