

Steak with Honey and Soy Sauce

Tender Asian flank steak marinated in honey and soy sauce. Easy 15-minute cooking time with overnight marinade for maximum flavor. Perfect weeknight dinner.

20 min

PREP

15 min

COOK

35 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 2 clove garlic
- 1 tbsp sesame
- 1 tbsp soy sauce
- 1 tbsp honey
- 2 tbsp olive oil
- 1 lb steak
- 2 tbsp vinegar
- 1 tbsp fresh root ginger
- 0 pinch salt
- 0 pinch black pepper
- 0 pinch chili flakes

Instructions

1 Make the marinade

Mince 2 cloves of garlic and set aside. In a medium bowl, whisk together 1 tablespoon olive oil, 1 tablespoon soy sauce, 1 tablespoon honey, 1 tablespoon fresh ginger (minced), and the minced garlic until smooth and well combined.

2 Place the 1 pound flank steak in a shallow dish or large resealable bag. Pour the marinade over the steak, turning to coat all surfaces completely.

3 Seal the bag or cover the dish with plastic wrap and refrigerate for at least 2 hours, or up to 24 hours for deeper flavor.

4 **Prepare the steak**

Remove the steak from refrigerator 20 minutes before cooking to bring to room temperature. Remove from marinade and pat completely dry with paper towels.

5 Season both sides of the steak with pinches of salt and black pepper. Discard the used marinade.

6 **Cook the steak**

Heat a large cast iron skillet or grill pan over medium-high heat until very hot, about 3-4 minutes. Add 2 tablespoons vegetable oil and swirl to coat the pan.

7 Place the steak in the hot pan and cook for 4-5 minutes without moving it, until a golden-brown crust forms. Flip and cook for another 3-4 minutes for medium-rare (internal temperature of 54-57°C/130-135°F).

8 **Rest and slice**

Transfer the steak to a cutting board and let rest for 5 minutes to allow juices to redistribute. Using a sharp knife, slice thinly against the grain at a 45-degree angle.

9 Drizzle the sliced steak with 1 tablespoon sesame oil and sprinkle with a pinch of red pepper flakes. Serve immediately.

Tips

Always slice flank steak against the grain for maximum tenderness - look for the direction of the muscle fibers and cut perpendicular to them.

Pat the steak dry before searing to ensure proper browning and prevent steaming in the pan.

Don't move the steak too frequently while cooking - let it develop a proper crust on each side before flipping.

Use a meat thermometer for accuracy rather than cutting into the steak, which releases valuable juices.

Let the steak come to room temperature for 15-20 minutes before cooking for more even results.

Reserve some fresh marinade before adding raw meat to use as a finishing sauce - never reuse marinade that has touched raw meat.

For extra caramelization, brush the steak with additional honey during the last minute of cooking.

If your steak is particularly thick, consider butterflying it to ensure even cooking and better marinade penetration.