

## Bistro Steak Salad



### Servings: 8

Here, cubed avocado is bathed in a lime dressing that's spiked with mustard seeds and ground coriander. Cubes of yellow bell pepper and tomato brighten the salad and add nice contrasting textures. We use the oil from a jar of sun-dried tomatoes because of the added intense flavor; keep this in mind for other recipes. Delicious with a glass of red Prosecco sparkling wine.

### Steak

- ◆ 12 ounces flank steak
- ◆ Salt and pepper
- ◆ 2 cloves garlic, minced
- ◆ 1 tablespoon oil from a jar of sun-dried tomatoes

### Dressing

- ◆ 1 ripe avocado, cut into 1/4-inch cubes
- ◆ 2 tablespoons lime juice
- ◆ 2 red tomatoes, cut into 1/4-inch cubes
- ◆ 1/2 cup minced red onion
- ◆ 1 yellow bell pepper, seeded and cut into 1/4-inch cubes
- ◆ 1 teaspoon brown mustard seeds
- ◆ 1/2 teaspoon ground coriander seeds
- ◆ 2 tablespoons extra virgin olive oil
- ◆ 1/2 teaspoon salt
- ◆ Freshly ground black pepper to taste

### Salad

- ◆ 1 small head of Boston lettuce, broken apart

Rub the flank steak with salt and pepper. Mix the garlic with a little oil and spread on both sides of the steak. Let the flavors meld for 30 minutes.

While the steak marinates, prepare the avocado mixture. Put the avocado into a medium bowl and stir in the lime juice. Add the tomatoes, red onion, yellow pepper, mustard seeds, coriander, olive oil, and salt and pepper. Toss well. Dressing can be refrigerated for a few hours.

Heat a grill pan coated with DuPont™ Teflon® non-stick coating, over medium heat. Sear the steak on both sides until just medium rare. Place on a cutting board and let rest for 5 minutes. Slice into very, very thin slices on a diagonal, making sure to cut across the grain. Reserve the slices at room temperature.

Make a bed of lettuce on a platter. Spoon the avocado mixture onto the greens. Arrange the steak strips artfully on top. Serve immediately.

