

Sesame Ginger Noodle Salad with Pan-Grilled Flank Steak

Who doesn't love a 2 for 1 combo? That's what this recipe is all about. You start by whisking up a super simple and delishhh sesame ginger sauce, which serves as both the marinade for your steak AND the sauce to dress a super yummy noodle salad that's chock full of veggies, herbs, and salty roasted peanuts. Like I said, 2 for 1!

Serves 6

INGREDIENTS

- 1/2 cup honey
- 1/2 cup soy sauce (or sub with gluten free [liquid aminos](#))
- 3 tablespoons sesame oil
- 1 tablespoon fresh ginger, minced (or use 1/2 teaspoon ground ginger)
- 1.5-2lb flank steak
- 14 oz package [udon noodles](#), cooked until tender (or sub with soba noodles or whole wheat spaghetti)
- Kosher salt and freshly ground pepper, to taste
- 2-3 carrots, thinly sliced (about 1 cup)
- 1 hothouse cucumber, halved lengthwise and thinly sliced (about 1 cup)
- 1 bunch scallions, green parts thinly sliced (about 1 cup)
- 1 cup dry roasted peanuts
- 1/2 cup chopped fresh cilantro
- 2 tablespoons toasted sesame seeds

PREPARATION

1. Make the sesame ginger sauce by whisking together the honey, soy sauce, sesame oil, and ginger in a medium bowl until emulsified.
2. Put the flank steak in a freezer-size ziplock bag and add 1/2 cup of the sesame ginger sauce. Close the bag tightly and make sure the steak is well covered in the sauce, then place in your fridge for at least 2 hours or overnight. Set the remainder of the sauce aside, as you will use it to dress the noodle salad.
3. To make the noodle salad, add the cooked noodles to a large bowl and combine with the carrots, cucumber, scallions, peanuts, cilantro, and toasted sesame seeds.
4. Add most of the remaining sesame ginger sauce over the noodles and toss well to combine (I like to reserve a bit of the sauce to drizzle over everything before serving).
5. To cook the flank steak, heat a [grill pan](#) (or an outdoor grill) over high heat on your stovetop.
6. Remove the flank steak from the ziplock bag and pat away excess sauce with a paper towel. Lightly season the steak with a bit of kosher salt and pepper.
7. Place the steak on your pre-heated grill pan and cook for 5 minutes on each side, or until the steak reaches your desired level of doneness.
8. Once the steak is cooked, remove from the pan, tent with foil, and allow to rest for 5 minutes. Slice the steak thinly and against the grain and serve with the noodle salad.

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