

# RED BICYCLETTE

## Flank Steak with French Balsamic Glaze and Sautéed Greens

### **For the steak:**

1 lb. Flank steak  
1/2 T Chopped rosemary  
1 T Chopped garlic  
1/4 c Extra virgin olive oil  
1T Salt  
1t Pepper

### **For the glaze:**

1 c Balsamic vinegar  
1 T Chopped shallots  
1/2 T Honey  
1 Small sprig rosemary  
1/2 c Syrah  
1t Salt

### **For sautéed greens:**

1 T Olive oil or cooking oil  
1 T Thinly sliced shallots  
1/2 lb. Fresh spinach leaves,  
washed  
1/4 lb. Fresh arugula leaves,  
washed  
Salt and pepper to taste

### **Directions**

#### **For the steak:**

Combine all marinade ingredients in large bowl, then add flank steak and let marinate in the refrigerator for at least one hour.

#### **For the glaze:**

Meanwhile combine all glaze ingredients in a small pot and let simmer on medium-low heat, about 15 minutes or until the mixture becomes slightly thickened and syrupy.

#### **For sautéed greens:**

Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add shallots and cook until translucent, then add greens. Stir until the greens have wilted, then season with salt and pepper to taste. Grill the steak over medium-high heat until the desired doneness is achieved, about 1 minute per side for medium. When steak is done, remove from heat and allow to rest in a warm place. Thinly slice the steak perpendicular to the grain of the meat. Serve slices of steak on top of the greens and drizzle with glaze.

Serves 4

*Delicious, when paired with Red Bicyclette® Syrah*