

Grilled Flank Steak with Balsamic-Mint Fig Salsa

Ingredients

- 1/4 cup **canola, grapeseed, or coconut oil**
- 2 tablespoons **honey**
plus more for salsa as needed
- 2 tablespoons **freshly squeezed lime juice**
divided
- **kosher salt and Freshly ground black pepper**
- 8 medium **garlic cloves**
smashed
- 1 1/2 to 2 pound **piece flank steak**
- 1 pound **fresh Mission or Turkey figs**
quartered (about 4 cups)
- 3 tablespoons **balsamic vinegar**
- 3 tablespoons **extra-virgin olive oil**
- 8 medium **green onions (aka scallions)** white and pale green parts
thinly sliced

- 2 tablespoons **thinly sliced fresh mint leaves (about 1/4 ounce)**



Instructions

For the steak: Combine canola, grapeseed, or coconut oil in a nonreactive dish or large resealable plastic bag with 2 tablespoons of the honey, 1 tablespoon of the lime juice, 2 teaspoons of kosher salt, the garlic, and a few cranks or freshly ground black pepper. Stir until the honey is dissolved then add steak and turn to thoroughly coat. Cover dish or close bag and allow to marinate at room temperature for 30 minutes.

If the steak was put in the refrigerator, remove from refrigerator and bring to room temperature for at least 15 minutes. Heat a lightly oiled grill pan to medium-high heat. When pan is heated, remove steak from marinade, shake off excess, add to pan and cook, undisturbed, for about 4 to 5 minutes per side for medium rare.

Transfer to a cutting board, season with additional salt and freshly ground black pepper and let rest for 5 minutes. Meanwhile, make the fig salsa.

For the salsa: While the steak rests, combine the figs, the balsamic, the olive oil, the remaining 1 tablespoon of the lime juice, the scallions, and the mint. Taste the figs, if they're not very sweet, add a drizzle of honey and stir to combine. Season to taste with salt and freshly ground black pepper. To serve, slice the steak thinly across the grain and pass the fig salsa on the side.

(Recipe from Aida Mollenkamp, Editor-in-Chief, *Salt & Wind*, online.)