



Flank Steak Tacos with Pico de Gallo and Guacamole

Serves 6

Ingredients

1 Tbs olive oil
1 ½ lb flank steak, trimmed

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Pico de Gallo

½ pound tomatoes (about 1 cup), diced
¼ jalapeno pepper, minced
¼ cup red onion, minced
1 clove garlic, minced
2 Tbs cilantro, chopped
2 tsp lime juice
¼ tsp salt
Black pepper, to taste

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Guacamole

1 avocado, peeled and pitted
2 Tbs red onion, minced
¼ cup tomatoes, diced
¼ jalapeno pepper, seeded and minced
2 Tbs cilantro, chopped
1 clove garlic, smashed
3 Tbs lime juice
¼ tsp salt

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12 (6") corn tortillas (or whole wheat), heated in the microwave for 30 seconds or warmed on the stove
1/3 cup Greek yogurt (perfect swap for sour cream)

Method

1. Preheat oven to 400 degrees Fahrenheit. Season the steak liberally with salt and pepper. Heat an ovenproof sauté pan over medium-high heat. Once hot, add the oil to coat the pan. Sear the steak on one side until well browned, about 1 ½ -2 minutes. Flip over and cook until the other side is well-browned, another 2 minutes or so. Place the pan in the oven to finish cooking, approximately 5-7 (135°F internal temperature) minutes for medium rare. Remove the steak, cover with foil and allow to rest for 5 – 10 minutes in a warm place. Slice thinly across the grain in 1/8" thick slices.
2. For the salsa: combine all of the salsa ingredients together in a medium mixing bowl. Season to taste with salt and pepper.
3. For the guacamole: Dice the avocado and place in a mixing bowl. Add the remaining ingredients and smash with the back of a fork or a potato masher to adjust chunky or creamy texture. Adjust seasoning if necessary.
4. To assemble the tacos: place beef slices in warmed tortilla, top with guacamole, Pico de Gallo and Greek yogurt.

Nutrition Facts

Amount Per Serving: Calories 395 (40% from fat); Total Fat 18g (sat 5.3g); Protein 29.6g; Carbohydrate 30.3g; Fiber 6g; Cholesterol 78 mg, Sodium 290mg