

# MasterFoods<sup>TM</sup>

## PROFESSIONAL

Tuscan Style Flank Steak with Caprese Salad  
RECIPE

### Tuscan Style Flank Steak with Caprese Salad



<?xml version="1.0"?>

TIME

15 Minutes

## INGREDIENTS

7 items

MAKES

6 servings

A dish big on flavour and texture with a colourful impact where simple ingredients are boosted by aromatic and savoury herbs.

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## INGREDIENTS

- 600 g Beef Flank Steak
- 2 tsp. MasterFoods™ Professional Tuscan Seasoning
- 700 g Mixed Tomatoes
- 1 large Mozzarella, drained
- 1 tbsp. Olive Oil
- 1 tsp. MasterFoods™ Professional Oregano Leaves
- Handful of fresh herbs, such as Basil and Red Vein Sorrel, to garnish

## PRODUCTS USED



MasterFoods Professional Tuscan Seasoning 670g

[SEE DETAILS](#)

## Cooking Instructions:

- 1  
Heat a barbecue or grill over high heat and season the steak with Tuscan seasoning.
- 2  
Cook for 2 minutes on each side, for rare (cook longer depending on your liking).  
Remove from heat and wrap in foil to rest for 10 minutes.
- 3  
Meanwhile, prepare the tomatoes by cutting in alternate shapes and sizes, with smallest ones being kept whole.
- 4  
Place the tomatoes onto the base of your plate and tear the mozzarella into big pieces and arrange over the tomatoes, drizzle over olive oil and sprinkle with dried oregano.
- 5  
Slice the beef against the grain and arrange onto the plate. Add a sprinkle of seasoning and garnish with the fresh herbs.

## Tips:

- 1  
Easily adaptable into a sandwich adding in MasterFoods™ Professional Caramelised Onion Relish as a base.
- 2  
For something different, replace the steak with slices of pan-fried eggplant and mozzarella for shavings of parmesan.
- 3  
Why not add MasterFoods™ Professional Balsamic Vinaigrette for a punchy sweet and tangy pop to the salad.

## More Recipes Like This



### [Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



### [Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



### [Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



## **New York Inspired Tagliatelle Pasta**

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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