

MasterFoods™

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 Jar 670g

[SEE DETAILS](#)

Cooking Instructions:

1. 1
Heat a barbecue or grill over high heat and season the steak with Tuscan seasoning.
2. 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. 3
Meanwhile, prepare the tomatoes by cutting in alternate shapes and sizes, with smallest ones being kept whole.
4. 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. 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](#)

100% Not Schnitzel Wrap

Cooking time

15 Minutes

Ingredients

12 items

[SEE DETAILS](#)

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