



\*See Sunday prep instructions

# FRIDAY: GRILLED BRUSCHETTA FLANK STEAK AND POTATOES

Prep: 15 min Grill: 15 min Serves: 4

- 1 flank steak (about 2 lb/1 kg), marinated and thawed from Sunday prep
- 1/4 cup Longo's Balsamic Vinegar, divided
- 1 tbsp chopped fresh Longo's Thyme, divided
- 1 1/2 lb mini potatoes
- 1 tub (227 g) Longo's Bruschetta

Toss potatoes with 1 tbsp Longo's 100% Pure Canola Oil, remaining 1/2 tsp thyme and 1/4 tsp each salt and pepper. Place on half of a greased grill over medium-high heat and grill for about 15 minutes, turning occasionally, until tender. Remove to bowl.

Place flank on other half of greased grill and grill for about 15 minutes, turning once, until medium rare or desired doneness. Remove to cutting board and let rest 5 minutes. Slice thinly.

Stir remaining 1 tbsp balsamic into bruschetta mix and spoon over steak alongside potatoes.

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serving



Per serving: 600 calories; 49 g protein; 28 g fat; 38 g carbohydrate; 2 g fibre; 5 g sugars; 870 mg sodium.