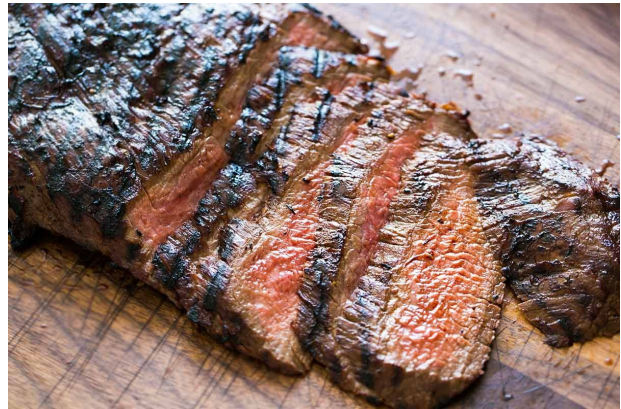


## Flank Steak over Arugula & Goat Cheese Salad

### Ingredients:

Flank Steak  
Balsamic Dressing (for marinade + dressing)  
Olive Oil  
Cayenne Seasoning  
Salt & Pepper  
Cherry Tomatoes  
Goat Cheese  
Arugula (or any lettuce)  
Almond slivers



### Instructions:

Put balsamic dressing (about 1.5 cups) in a zip lock bag, with about a tsp each of cayenne, salt & pepper.

Add flank steak to marinade mixture and place in fridge for at least 4 hrs

About 30 minutes before you are going to grill steak, take it out of the fridge and let it sit at room temp.

Heat up grill & preheat oven to 375 degrees.

Cut cherry tomatoes in half.

Bake cherry tomatoes until soft & grill flank steak

Once flank steak is done cooking, let it rest for 10 min while you assemble the salad.

Add arugula, almond slivers, cherry tomatoes and goat cheese to a bowl. Mix with olive oil & balsamic dressing, salt & pepper, to taste.

Cut flank steak and put it on top of salad.

Enjoy!