

Southwest Steak with Mango Salad

Servings: 2

From <http://www.recipe.com/southwest-steak-with-mango-salad/>

Ingredients

- 1 chipotle mango flank steak
- 1/2 teaspoon finely grated fresh orange zest
- 1 1/2 tablespoons fresh orange juice
- 1 1/2 tablespoons champagne or white wine vinegar
- 1 tablespoon chopped fresh cilantro
- 1/8 teaspoon salt
- 1 teaspoon honey
- 2 tablespoons olive oil
- 1/2 mango, peeled and cut into 1-inch chunks (discard pit)
- 3 ounces baby spinach
- 1 firm-ripe avocado

Preparation

- 1) Preheat broiler and arrange rack 6 inches from heat. Line a baking sheet with foil. Transfer flank steak to baking sheet. Broil until edges are brown and sizzling, about 6 minutes. Turn and broil 6 minutes more for medium; remove from oven. Transfer to a cutting board and let stand 10 minutes. **save half for another recipe*
- 2) Meanwhile, combine zest, juice, vinegar, cilantro, 1/8 teaspoon salt and honey in a medium bowl; whisk until just combined. Add oil in a slow stream, whisking constantly, until thickened and emulsified, for dressing; set aside.
- 3) Gently toss together mango, greens and 1 to 2 tablespoons dressing in a large serving bowl until coated. Halve, pit, peel and slice avocado. Thinly slice steak across the grain and arrange with avocado alongside salad in serving plates. Serve remaining dressing on the side.