

## Flank Steak with Roasted Vegetables and Orange Vinaigrette

adapted from [Cooking Club of America](#)

printed from [Smells Like Food in Here](#)

1 1/2 lb. [fingerling potatoes](#), quartered lengthwise  
3 tbsp olive oil, divided  
1/2 tsp kosher salt, divided  
1/4 tsp pepper, divided  
1 lb. asparagus  
1 (1 1/2-lb.) [flank steak](#)  
1 1/2 tsp Montreal steak seasoning  
1/4 c orange juice  
1 tbsp grated orange peel  
1 tsp white wine vinegar  
1 tbsp chopped fresh Italian parsley

Heat oven to 400°F.

On large rimmed baking sheet, toss potatoes with 2 teaspoons of the oil, 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper to coat; arrange in single layer.

Bake 15 minutes or until almost tender.

Push potatoes to one side of pan; arrange asparagus on other side. Drizzle asparagus with 2 teaspoons of the oil and sprinkle with remaining 1/4 teaspoon salt and 1/8 teaspoon pepper.

Bake an additional 10 to 15 minutes or until potatoes are tender and asparagus is crisp-tender.

Meanwhile, sprinkle steak with Montreal seasoning.

Whisk orange juice, orange peel, 2 teaspoons of the oil and vinegar in small cup.

Heat large skillet over medium-high heat until hot. Add remaining 1 tablespoon oil; heat until hot.

Add steak; cook 8 to 12 minutes for medium-rare, turning once. Remove steak; cover loosely with foil.

Let stand 5 minutes before slicing across the grain.

Remove skillet from heat; add orange juice mixture to hot skillet, stirring and scraping up any browned bits on bottom of pan. (If pan is very hot, sauce may boil and evaporate. If this happens, stir in a few tablespoons of water.)

Drizzle vinaigrette over steak and vegetables; garnish with parsley.