

# Herb crusted flank steak, mashed squash and marinated onions, red wine and honey reduction |

Recipe for 4 servings



## Description

Flank steak with herbs and mustard accompanied by a reduction of wine with honey.

## Note

Before you cook your meat, you should bring it to room temperature to reduce the cooking time and ensure more juiciness.

## Ingredients

### For the marinated onion

- 100 Gr Onion
- 100 Ml White vinegar
- 30 Gr Sugar
- Butter
- Salt and pepper

### For the herb crust

- 1 Tsp Thyme
- 1 Tsp Parsley
- 1 Tsp Chives
- 4 Tbsp Japanese breadcrumbs (panko)
- 1 Clove(s) Garlic
- 25 Gr Butter
- Butter
- Salt and pepper

### For the smashed squash

- 400 Gr Butternut squash
- 2 Clove(s) Garlic
- 50 Ml White wine
- Butter
- Salt and pepper

### For the flank steak

- 4 Unit(s) Beef flank steak
- 4 Tsp Grainy mustard
- 150 Ml Red wine
- 1 Tbsp Honey
- Butter
- Salt and pepper

## Preparation

- Preparation time **30 mins**

- Preheat your **Four** at **425 F°**

### General preparation

Preheat your oven to 425°F. Thinly slice the red onion. Peel and remove seeds of the squash and cut it into small cubes.

### Marinated onions preparation

Place red onion in a bowl. Bring vinegar and sugar to a boil and put it over onions. Cover bowl with saran wrap and let marinate for 2 hours at room temperature.

### Écrasé squash preparation

In a large pan with a drop of oil and a knob of butter sauté squash on high heat for a couple of minutes. Lower the heat and season with salt and pepper. Add 1 tsp of chopped garlic and mix through. Add white wine and allow simmering for 3-5 minutes. Once tender, remove squash from the heat and keep warm.

### Herb crust preparation

In a food processor combine herbs, panko and 1 tsp chopped garlic. Season with salt and pepper to taste and add 1 table spoon of olive oil to bind everything together. Keep to aside.

### AAA flank steak and red wine reduction preparation

In a hot pan sear flank steaks on both sides and put on a cookie sheet. Spread mustard over each of the pieces of meat. Add the herb crust on each and bake in oven for 5-6 minutes. Meanwhile prepare the reduction. Bring to a boil the honey and the red wine. Lower the heat and simmer for 10-15 minutes. Wine must be thick enough to coat the back of a spoon.

### To Serve

Mix together the squash and the marinated onions squashing slightly. Place in the center of a plate. Lay a piece of meat on top of squash and encircle with wine reduction.

**Bon appétit!**