
Flank Steak with Balsamic Roasted Eggplant

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Servings: 4

Preparation Time: 35 minutes

Start to Finish Time: 40 minutes

2 (10 to 12 ounce each) eggplants, cut into 3/4 inch cubes
1 red onion, cut into 1/4-inch-thick wedges
5 tablespoons extra-virgin olive oil
Kosher salt
1/2 teaspoon red pepper flakes
3 tablespoons balsamic vinegar
1/2 cup oil-packed sun-dried tomatoes, drained
1 clove garlic, smashed and peeled
2 teaspoons fresh lemon juice
1 (1-1/4 pound) flank steak, halved lengthwise and then crosswise
freshly ground pepper
2 teaspoons herbes de Provence
1 cup torn fresh basil

Place a rimmed baking sheet in the oven and preheat to 450 degrees.

In a large bowl, combine the eggplant, red onion, 1/4 cup of olive oil, 3/4 teaspoon of salt and the red pepper flakes. Toss to coat. Spread out on the preheated pan and roast, tossing once, until browned around the edges and tender, 20 to 25 minutes. Remove from the oven and drizzle with the balsamic vinegar. Toss gently.

Meanwhile, in a food processor or mini chopper, combine the sun-dried tomatoes, garlic, lemon juice, two tablespoons of water and a pinch of salt. Pulse until mostly smooth (it should be the consistency of a thick pesto; if it's too thick, add more water, one teaspoon at a time). Adjust the seasoning, if needed.

Season the steak all over with salt, pepper and the herbes de Provence. Heat a large skillet over medium-high heat until shimmering. Add the steak. Cook until well browned, about 4 minutes. Flip and cook until browned on the other side, 4 to 5 minutes for medium rare. Transfer to a cutting board to rest for 5 minutes.

Toss the basil with the eggplant. Season with salt, if needed. Divide among the plates. Slice the steak. Divide among the plates and top with the sun-dried tomato mixture.

Beef

Per Serving (excluding unknown items): 478 Calories; 32g Fat (59.7% calories from fat); 30g Protein; 19g Carbohydrate; 6g Dietary Fiber; 72mg Cholesterol; 107mg Sodium. Exchanges: 4 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 4 Fat.