



## FLAT IRON STEAK

### Steak with Pan Sauce

Prep Time: 10 minutes  
Cook Time: 10 minutes  
Total Time: 20 minutes  
Servings: 4-5

## INGREDIENTS

1-2 pounds Grass Run Farms® grass fed flat iron steak  
2-3 tablespoons olive oil  
Few sprigs of thyme  
2-3 tablespoons butter  
3 cloves roasted garlic  
Salsa Verde sauce  
4 garlic cloves  
1-2 anchovies  
1 teaspoon chili flakes  
Pinch of freshly ground pepper  
1 cup basil with stems  
1 cup cilantro with stems  
1 cup mint leaves  
1 tablespoon lemon zest  
1 tablespoon lemon juice  
1/4 cup olive oil

## PREPARATION

1. Preheat a skillet to high heat.
2. In the meantime, make the salsa verde sauce. Grab a mortar and pestle. Add the salt and garlic to the mortar and begin to muddle.
3. Add anchovies, chili flakes, ground pepper, and herbs. Muddle for a few more minutes until finely ground and paste begins to form.
4. Add lemon zest and lemon juice. Mix this in the mortar and then slowly add olive oil to create the sauce. Set aside.
5. Add a few tablespoons of oil to the preheated pan. Then add the grass fed flat iron steak.
6. Sear the steak for 4 minutes on each side. Once there is a nice crust on each side, add roasted garlic, butter and rosemary to the pan.
7. Start to baste the steak with the melted butter, garlic, and thyme for a few minutes. Remove from heat and let it sit for at least 5 minutes.
8. Move the steak to a cutting board and slice the steak against the grain.

9. Take the slices and transfer to a plate.

*Recipe Courtesy of Chef Cory Bahr for Grass Run Farms*  
*[www.grassrunfarms.com](http://www.grassrunfarms.com)*