

## SPICY SALPICÓN SALAD

Flank steak is a versatile beef cut equally delicious hot or cold, mild, or spicy. Add a few fresh ingredients and you have a scrumptious healthy Guatemalan salad. It's a perfect summer meal!

### INGREDIENTS:

Serves 4 to 6 people

Time: 30 minutes

1 1/2 pounds flank steak

1 teaspoon salt

1 teaspoon garlic powder

Freshly ground black pepper

2 teaspoons canola oil

3/4 cup thinly sliced red onions

1 cup quartered grape or multicolored cherry tomatoes

1 cup finely chopped radishes

4 tablespoons finely chopped or sliced mint leaves

3 tablespoons freshly squeezed lime juice (about the juice of 1 lime)

1 teaspoon kosher salt

Freshly ground black pepper to taste

2 teaspoon minced hot pepper (jalapeño, serrano, or habanero) (optional)

2 cups seasonal greens, leaf lettuce, or curly endive

6 mint whole leaves, or sliced

5 multicolored cherry tomatoes, halved

1 radish, thinly sliced

### COOKING:

1. Season the flank steak with salt, garlic powder, and pepper. Rub thoroughly with the seasonings and then the oil. In a hot, medium-size, deep skillet, sear the meat over medium high heat on one side until medium brown, 10 minutes. Turn, cover, and cook the meat through for 10 minutes. Transfer it to a cutting board and let cool completely.

2. Cut the meat into 2-inch uniform chunks and chop them coarsely in a food processor. Chop the meat in 2 batches, using the pulsing function for better control.

3. Combine the meat with the rest of the ingredients (except the garnishes). Taste and adjust seasonings, if needed. Serve the salad in a platter or individual salad plates atop seasonal greens garnished with mint leaves, tomatoes, and radish slices.