



Flank Steak Tacos with Lime Cilantro Slaw

Flank steak is a budget-conscious cut that by no means has to compromise on flavor.

Flank steak comes from a strong, well-exercised part of the cow. This makes the meat tougher and perfect for brining. Brining actually unwinds proteins making the meat more tender. This change also makes it possible for the meat to absorb and hold on to more moisture, resulting in juicier meat when cooked. The comparative moisture loss is often over 25%.

Cilantro, also known as coriander, is typically available year-round and has a fragrant flavor like sage or orange peel. Health benefits of cilantro include everything from reducing cholesterol to strong antioxidant activity to counteracting harmful microbes in many types of food. Combined with the sweetness of citrus, cilantro adds an exceptionally fresh quality to the slaw.

Tacos:

- 1½ pounds flank steak, trimmed
- 1 (16-ounce) package [Sweet Tea Pork Brine](#)
- 1 tablespoon olive oil
- 2 tablespoons [Everyday Rub](#)
- 1 avocado, thinly sliced
- 1/2 red onion, thinly sliced
- 12 (6-inch) corn tortillas, warmed

Lime Cilantro Slaw:

- 1 (10-ounce) package angle hair slaw
- ½ teaspoon kosher salt
- 2 tablespoons lime juice
- 2 tablespoons orange juice
- 1 teaspoon honey
- 1 ½ tablespoons canola oil
- ½ cup roughly chopped cilantro

FIRST

Brine flank steak according to package directions. Brush both sides of steak with oil and sprinkle with rub. Let sit at room temperature for 20 minutes.

NEXT

While steak is resting, toss slaw in a large bowl with salt. In a small bowl, whisk lime and orange juice, honey, and oil together. Season dressing with freshly ground black pepper and toss with slaw and cilantro; set aside until ready to serve.

LAST

Preheat grill or grill pan medium high heat. Sear steak for 4-6 minutes per side, depending on desired doneness. Remove from grill and let rest for 10 minutes. Slice steak across the grain into thin slices. Divide steak evenly among tortillas, top with onion, avocado, and slaw. Serve immediately.

