

COOKING ON DEADLINE: Greek Salad with Flank Steak

By Katie Workman

Quite often, I think a simple Greek salad is perfect as is, no adornments needed. But you may notice that in many eateries, from diners to higher-end restaurants, you often get a choice of added protein, usually chicken, shrimp or steak. And it's true, that extra protein does make a salad feel more like a fully rounded meal.

A few slices of pink, perfectly cooked steak draped across a colorful bowl of Greek salad make a lunch or dinner that knows no season, but that feels particularly nice as the weather warms up. You can serve it up on a big platter or on individual plates. If you have any kind of leftover steak in the fridge, slice that right up; this is the perfect way to use up those few pieces that aren't quite enough for a meal on their own. And if you aren't in the mood for steak, take a cue from the restaurants and think about swapping in salmon, chicken or shrimp.

GREEK SALAD WITH FLANK STEAK

Ingredients:

Serves 6

Start to finish: 30 minutes

1 pound flank steak

1/3 cup plus 1 tablespoon extra-virgin olive oil

Salt and freshly ground pepper to taste

1/2 pound green beans, trimmed and halved

1/4 cup red wine vinegar

1/2 cup diced red onion

1 teaspoon dried oregano

1 teaspoon Dijon mustard

1/2 teaspoon finely minced garlic

1/4 teaspoon red pepper flakes (optional)

8 cups sliced romaine lettuce hearts

1 cup halved or quartered cherry tomatoes

1/2 cup sliced pitted kalamata or other Greek olives

1/3 pound crumbled feta cheese

Preparation:

Position your oven rack about 6 inches away from the heat source, and preheat the broiler. Line a rimmed baking sheet with aluminum foil and spray with nonstick cooking spray, or lightly oil the foil. Brush both sides of the steak with 1 tablespoon of olive oil, and season with salt and pepper. Broil the steak for about 4 or 5 minutes, until nicely browned on top, and then turn it and broil for 4 more minutes. Remove from the oven and let the meat rest on a cutting board for 10 minutes.

While the meat is broiling, cook the green beans. Bring a small pot of salted water to a boil. Add the green beans, cook for 3 minutes, then drain and rinse under cold water to cool, and drain again. Make the dressing: In a container, combine 1/3 cup olive oil, the vinegar, onion, oregano, mustard, garlic, salt, pepper and red pepper flakes (if using). Shake well to combine. Thinly slice the steak on the diagonal across the grain. In a large mixing bowl, combine the green beans, lettuce, tomatoes, and half of the olives and feta. Shake the dressing once more to combine, and pour over about 1/4 of the dressing. Toss the salad. Transfer to a large, shallow serving bowl and lay slices of the steak across the top of the salad. Pour some more dressing over the salad, reserving some to pass on the side for those who want additional dressing. Sprinkle the rest of the olives and feta over the top.

