



Prep time: 45 minutes

Ingredients:

- 1¼-pound lean flank steak, fat trimmed
- 5 garlic cloves, minced
- 2 tablespoons ginger root, chopped
- 1/3 cup vinegar
- 2 tablespoons wheat-free soy sauce, light
- ½ cup onions, chopped and divided
- 3 cups watercress, cleaned and trimmed
- 1 medium carrot, grated
- ¼ cup water

- red pepper flakes (optional)

Utensils:

- knife (you'll need help from your adult assistant)
- food processor (you'll need help from your adult assistant)
- grill (you'll need help from your adult assistant)
- measuring spoons
- measuring cups
- shallow glass dish
- oven (you'll need help from your adult assistant)
- saucepan
- large bowl

Directions:

1. Place flank steak in a shallow glass dish.

2. Combine garlic, ginger, vinegar, soy sauce, red pepper (optional), and ¼ cup onions in a food processor. Blend until smooth.

3. Pour half the marinade over the steak. Turn steak to coat both sides. Cover and refrigerate for at least 30 minutes. Store the remaining marinade in the refrigerator.

4. Grill the steak on each side for 5 to 7 minutes for medium rare (145°F on a meat thermometer).
5. Place remaining marinade into a small saucepan and add ¼ cup water.
6. Simmer over low heat and cook for 3 to 4 minutes.
7. In a large bowl, toss watercress, remaining onions, and carrots with warm marinade.
8. Slice steak into thin strips and serve steak slices on salad.

Serves: 5

Serving size: approximately 3.5 ounces steak and 1/5 of salad