

Jason Pettit – Capital Radio Recipe

Skillet Flank Steak with Avocado & Corn Pico de Gallo – ready in under 25 minutes!

Ingredients – serves 4 people

4 x 150gm	steaks (flattened to 10mm thick)
	<i>seasoning mix</i>
1.5 Tbsp	brown sugar
1.5 Tbsp	ground cumin
1.5 Tbsp	brown sugar
1 Tbsp	sea salt
1 Tsp	smoked paprika
1 Tsp	oregano
1 Tsp	cracked black pepper
4 large	tomatoes (roughly diced)
2 large	garlic cloves (finely grated)
1 small	red onion (roughly chopped)
1 Tsp	Tabasco sauce
1 tin	sweetcorn (drained)
1 each	lime (zested and juiced)
1 bunch	coriander (roughly diced)
1 large	avocado (roughly diced)
	<i>salt & pepper to taste</i>



Method

Combine seasoning spices together in a bowl. Liberally season both sides of the steaks and set aside on a plate.

Place the diced tomatoes into a sieve set over a bowl and season lightly with salt and leave on the side.

Place chopped onion, garlic and sweetcorn into a bowl and mix together. Add half the lime juice, tabasco sauce then stir through the avocado and chopped coriander.

Taste and adjust the flavour to your preference. If liked, increase lime juice/Tabasco and add black pepper.

Pre-heat a non-stick griddle pan over a high heat.

Place the steaks into the pan ensuring there is space between them to allow the steam to escape.

Turn the steaks after 2–3 minutes and position them in a part of the pan that was not being used before.

Jason Pettit – Capital Radio Recipe

After a further 2-3 minutes, turn the heat off and move the pan from the stove top. Remove the steaks and place them on a chopping board to rest.

Add the diced tomatoes to the Pico de Gallo and mix through. Taste and adjust the seasoning, if required. Discard any tomato water in the bowl.

Slice the steaks into strips approx. 100mm wide.
Arrange the sliced steaks back into the griddle pan then spoon over some of the Pico de Gallo.

Serve immediately with the remaining Pico de Gallo in a bowl.

This eats very well with fresh crusty bread, green salad, new potatoes or quinoa.

Notes from the chef:

Remove the steaks from the refrigerator and packaging at least 30 minutes before you plan to cook them.

The Pico de Gallo can be prepared a few hours in advance and kept in the refrigerator.

Flank steak is also sold as Bavette (the French name for it).

The flavour of the seasoning mix is powerful and savoury despite the brown sugar.

The steaks can be marinated overnight for a more intense flavour.

Skillet pans are traditionally cast iron. These take longer to heat but maintain the heat far better than non-stick aluminium options.

Maintain cast iron skillets by washing by hand, drying thoroughly and then wiping the surface with cooking oil immediately.

If your pan has some burnt food, then this can be easily removed by 'seasoning' the pan. Cover the surface of the pan with table salt and leave over a low heat for 20-30 minutes.

Allow the salt to cool before discarding half of it. Move the remaining salt with a wooden spoon to dislodge the burnt residue then clean as above.

Test the pan is hot enough by dropping ½ a teaspoon of cold water onto the surface. If it instantly boils and fizzes, then the pan is hot enough.

Tbsp - tablespoon

Tsp - teaspoon