

GREEN &BLACK'S

ORGANIC

Green & Black's Cocoa Chili Flank Steak with Chocolate Almond Pesto

Chocolate is best known for its ability to increase serotonin (the feel good hormone) levels in the brain. This delectable dish combines the best of both worlds: succulent skirt steak with a sweet chocolate almond and savory pesto rub.

Ingredients

Steak:

- 1 tsp Green & Black's cocoa powder
- 1 tsp Instant espresso powder
- 1 tsp Coconut sugar
- 2 tsp Chili powder
- ½ tsp Garlic powder
- ½ tsp Dried oregano
- 1 tsp Sea salt
- ½ tsp Cracked black pepper
- 1 ½ lb Flank steak
- 1 tbsp Extra virgin olive oil

Pesto:

- ½ cup Raw almonds, toasted and roughly chopped
- 1 cup Parsley leaves
- 3 tbsp Green & Black's 85% Dark Chocolate, finely grated
- ¼ cup Parmigiano reggiano cheese, finely grated
- 2 tbsp Extra virgin olive oil
- Sea salt and cracked black pepper, to taste

Garnish:

- Lemon zest
- Pinch of fleur de sel

Directions

In a bowl, mix together the Green & Black's cocoa powder, espresso, coconut sugar, chili, garlic, oregano, salt and pepper.

Score both sides of the steak by making a diamond pattern of shallow cuts. Rub the steak generously with the spice mix and set aside.

Heat the oil in a large cast iron skillet over high heat until super hot. Add the steak and cook for about 4 minutes per side for rare. Once cooked, allow it to rest on the cutting board, tented, for at least 5-10 minutes.

Meanwhile, pulse the almonds and parsley in a food processor until they reach a coarse ground up consistency. Transfer to a bowl and stir in the Green & Black's chocolate, cheese, oil and salt and pepper, to taste.

To serve, slice the steak thinly against the grain and top with a sprinkle of fleur de sel. Serve with the pesto garnished with a shaving of lemon zest. Enjoy!

Serves 4-6

Prep time: 10 min



Cook time: 10 min
357 calories

