



# Flank Steak Salad with Pomegranate Poppy Seed Dressing

SERVING 4

Fresh yet hearty, simple yet complex, unique yet familiar is this steak salad. The bright pop of flavour from the pomegranate, paired with a simple creamy dressing accenting the pomegranates flavour is the perfect combination when enjoying this salad with an equally hearty, medium-bodied red wine. The richness of the juicy meat is enhanced by the wines flavour profile, as is the variety of flavours coming from the salad itself; sweet bell peppers, creamy avocado, tannic seeds, spicy blue cheese and bitter greens, ensure that every bite and paired sip is unique and packed with flavour. Delicious served as a simple summer barbecue backyard dinner or in winter when pomegranates are fresh and in season.

## Tasting notes - 2019 Secret Society Red

*Dark fruity aromas of cherry and blackberry, with subtle cedar notes and a hint of milk chocolate. On the palate, this wine is luscious and supple, offering flavours of cherry, leather and hints of pepper. Nicely balanced between the fruit, tannins, acidity and oak, this wine is enjoyable right out of the bottle and will cellar for up to 5 years. Medium body, and dry on the finish.*

## Ingredients

- |                             |                            |
|-----------------------------|----------------------------|
| 2 cloves garlic             | 1 avocado                  |
| ¼ cup pomegranate juice     | 6 cups mixed bitter greens |
| 2 Tbsp apple cider vinegar  | 2 Tbsp olive oil           |
| 2 Tbsp hot sauce            | ¼ cup Greek yogurt         |
| 2 Tbsp lime juice           | ¼ cup pomegranate juice    |
| 2 Tbsp olive oil            | 1 Tbsp honey               |
| 2 Tbsp grainy Dijon mustard | 1 Tbsp poppy seeds         |
| 2 tsp sea salt              | ½ cup crumbled blue cheese |
| 1 lb flank steak            | ¼ cup pomegranate arils    |
| 1 red onion                 | 2 Tbsp pumpkin seeds       |
| 1 bell pepper               |                            |



## Ingredients

Mince the garlic. Place it in a small bowl and whisk in the pomegranate juice, cider vinegar, hot sauce, lime juice, olive oil, and Dijon. Season the steak with the sea salt and place the flank steak in a resealable plastic bag. Pour in the marinade. Seal the bag and remove as much air as possible. Rub the meat in the bag to ensure it is fully coated in marinade and place in the fridge for at least **12 hours, or up to 2 days**.

When you're ready to serve, remove the steak from the fridge to allow it to come to room temperature in the marinade, about **30 minutes**. Preheat the barbecue to **450°F**.

Remove the flank steak from its marinade and place it on the grill, discarding the marinade. Grill for **5 minutes per side for rare, 7 for medium-rare, and 9 for medium**. Remove the meat from the grill and let sit for **10 minutes** before carving.

While the steak is cooking, roughly chop the onion, slice the bell peppers, and avocado into rounds. Wash and spin the greens dry and tear it into bite-sized pieces as needed. Divide it evenly between the serving plates. Add the onions, peppers and avocado to the salad.

Whisk together the olive oil, yogurt, pomegranate juice, honey and poppy seeds to make creamy yet runny dressing that will seep into the cracks and crevasses of the salad. Drizzle it evenly over the veggies and salad on each plate.

Slice the flank steak against the grain into thin strips. Place on top of the salad and drizzle with additional dressing. Top with blue cheese, pomegranate arils, and pumpkin seeds.

All the components of this salad will keep in the fridge in individual airtight containers for up to **3 days**.

If you're making this salad in winter, fry the steak in a heavy-bottomed frying pan or place under the broiler (an upside-down barbecue!) if the weather won't let you use an outdoor grill.



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## Secret Society Red

**Vintage:** 2019

**Vineyards:** Oliver, Osoyoos & Kaleden

**Style:** Fruit forward, dry, medium body