

# Peppercorn Steak

## Author: Medifast

**Prep Time:** 15 mins (+10 mins marinating time)

**Cooking Time:** 20 mins

### Ingredients

#### Rub

1/2 teaspoon whole peppercorns, crushed

1/2 teaspoon kosher salt

1/2 teaspoon dry mustard

1/4 teaspoon garlic powder

1/4 teaspoon dried thyme

#### Steak

5 oz. flanked steak

1 teaspoon olive oil

1/2 cup onions

1/2 cup mushrooms

1/2 cup green peppers

#### Method

Mix peppercorn, salt, mustard, garlic powder and thyme. Brush and rub evenly over steak. Let stand for 10 minutes. Heat a non-stick grill pan over medium heat and coat with cooking spray. Grill 5-7 minutes on each side or until desired doneness. Sauté onions, mushrooms, and green peppers with oil. Serve on the side.

#### Nutrition Info.

Cal 330 | Fat 16g | Chol 55mg | Carb 13g | Pro 34g

This recipe makes 1 serving.