

HUNGRY HEANEY'S FLANK STEAK

1.5-2 lbs Flank Steak

A bunch of Chopped
Scallions

1/4 cup Soy Sauce

1/4 cup Olive Oil

2 tsp. Thyme

Salt and Pepper
To Taste

Juice of 2 Lemons



RECIPE COURTESY OF
ANDREW HEANEY'S MOM,

CHRIS KENNEY
AND WIFE,
JORDAN HEANEY



1. Score both sides of the steak diagonally to create diamond patterns.
2. Marinade for a half hour or more if possible. Overnight is best!
3. Pour marinade over steak before broiling, if desired.
4. Broil 3 minutes each side or until preferred doneness.
5. Slice thinly. Enjoy!