

CopyCat TGI Fridays Flat Iron Steak

Ingredients

2 pounds Flank Steak

2 tablespoons Olive Oil

2 cloves Garlic mashed

1 teaspoon chopped Italian Parsley

1 teaspoon chopped Rosemary

1/4 cup Cabernet Sauvignon Wine

1/2 teaspoon Dry Mustard

Salt and a generous amount of freshly ground Black Pepper to taste

[TGI Fridays Whiskey Glaze](#) or a favorite Whiskey BBQ Sauce of your own, store bought or homemade

Directions

Place steaks in a large shallow dish.

In a large bowl add olive oil, garlic, parsley, rosemary, wine, mustard, salt and pepper. Mix well. Pour over steaks. Turn steaks to make sure all surfaces are covered with prepared marinade.

Place dish, covered, in the refrigerator, for at least 1 hour or until ready to grill.

Remove steaks from marinade (Discard marinade. Do not use further – it has touched the raw meat. This marinade and the Whiskey BBQ Sauce used below are 2 separate sauces.) Grill steaks over hot coals, about 4 minutes per side. This steak is best cooked rare to medium rare.

Remove from grill.

Place steaks in a clean shallow dish.

Pour [TGI Fridays Whiskey Glaze](#) or a favorite Whiskey BBQ Sauce lightly over steaks, turning and spreading to coat.

Place back on grill over hot coals. Grill steaks just enough to heat and caramelize the sauce a bit, turning to get both sides. Do not burn the sauce or cook the steaks past the point of doneness you desire.

Remove from grill and brush with a generous amount of sauce.

Serve hot with extra TGI Fridays Signature Whiskey BBQ Sauce or a favorite Whiskey BBQ Sauce, to dip, if desired.