

Flank Steak with Bleu Cheese Butter

Cooking Instructions

This dish has 2 parts: Flank Steak and Bleu Cheese Butter.

QuickThaw Flank: Submerge well-sealed package in water for 15–20 minutes.

Cooking Method – Choose One:

Skillet/Sauté: Place 2 Tbl oil in skillet over low-medium heat. Sauté flank steak for 5–7 minutes per side, making sure browning, not blackening, occurs. Tip: Start low — you can always increase heat a little. Top with Bleu Cheese Butter while steak is steaming hot.

Grill: Grill steak over medium heat to desired doneness. Top with Bleu Cheese Butter while steak is steaming hot.

Internal temp: 145°F–165°F, medium-rare to well-done.

Serving Suggestions: Top with Bleu Cheese Butter and serve with a loaded baked potato and a crisp green salad. Cabernet.

Please Note: Cooking times are estimates and vary based on actual oven/stovetop/crockpot used, item thickness, and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers — they are inexpensive, convenient, and very easy to use.



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