

Flank Steak with Feta and Sun Dried Tomato

Cooking Instructions

This is an all-in-one dish.

Cooking Method – Choose One:

Thawed — Best: Preheat oven to 375°F. Bake, uncovered, for approximately 20 minutes, until done as desired.

Freezer to Oven: Preheat oven to 375°F. Bake, loosely covered with foil, for 20 minutes. Uncover and bake approximately 20 minutes more, or until done as desired.

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

Serving Suggestions: Serve with Dinner Done Roasted Red Pepper Mashed Potatoes and cauliflower topped with garlic butter.

Please Note: Cooking times are estimates and vary based on your actual oven, 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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