

Flank with Rosemary Gorgonzola Butter & Red Wine Sauce

Cooking Instructions

This dish has 3 parts: Flank Steak, Rosemary Gorgonzola Butter, and Red Wine Sauce.

QuickThaw: QuickThaw Flank, Butter & Sauce by submerging well-sealed packages in water 15–20 min.

Sauce: Sauté sauce + 1/4 cup water in a small skillet over medium heat, whisking continuously, until sauce thickens to syrupy consistency.

Cooking Method – Choose One:

Skillet: Place 2 tbs oil in a skillet over low-med heat. Sauté flank steak for 5–7 mins per side, making sure browning — not blackening — occurs. Tip: Start low — you can always increase heat a little. Top with Sauce and Butter.

Grill: Grill steak over medium heat to desired doneness. Top with Sauce and Butter.

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

Serving Suggestions: Sweet Corn Mashed Potatoes, asparagus. 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. Instant-read pocket thermometers are inexpensive, convenient, and very easy to use.



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