

Ginger Sesame Flank with Rice Pilaf

Cooking Instructions

This dish has 2 parts: Flank Steak and Rice Pilaf.

Rice Pilaf: In a small saucepan, add frozen rice mixture and 1 1/2 cups water. Bring to a boil. Stir to mix well. Cover tightly, reduce heat, and simmer for 15–20 minutes. Fluff with a fork and serve.

Steak Cooking Method – Choose One:

Grill: QuickThaw steak by submerging well-sealed package in water for 10–15 minutes. Grill on medium to high heat for 5–7 minutes per side, watching for flare-ups, until desired doneness is achieved.

Skillet: QuickThaw as instructed above. Add 1–2 Tbls oil to a skillet and heat over low-medium heat. Sauté steak 4–8 minutes per side, turning once.

Internal temp: 145°F or higher.

Serving Suggestions: Serve with the Oriental Rice Pilaf, sautéed asparagus, and mashed potatoes. Shiraz.

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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