

Montreal Flank Steak with Bourbon Onions

Cooking Instructions

This dish contains 3 parts: Flank Steak, Bourbon Onions, and Spice Pack.

QuickThaw: Submerge well-sealed bags of Flank Steak and Bourbon Onions in water for 10–15 minutes, until thawed.

Season Steak: Sprinkle spices evenly over both sides of the flank steak and rub them in to season.

Bourbon Onions: In a large skillet over medium heat, sauté Bourbon Onions for 20 minutes, stirring occasionally, until caramelized. Add 2–3 Tbls water and scrape browned bits from the bottom of the pan. Spoon onions over cooked steak.

Steak Cooking Method – Choose One:

Grill Method: Grill seasoned flank steak over medium heat until desired doneness is reached.

Stovetop Method: In a skillet with 1–2 Tbl oil over low-medium heat, sauté seasoned flank steak for about 10 minutes per side, or until desired doneness is reached.

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

Serving Suggestions: Spoon Bourbon Onions over flank or serve on the side. Serve with Twice Baked Mashed Potatoes and spinach salad. Merlot.

Please Note: Cooking times are estimates and vary based on your actual stovetop or grill, as well as 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.



Log into your Dinner Done account to make notes on dishes you have purchased, request an email notification when we make your favorite item again, track your SuperChef points, and more.