

# Greek Flank Steak Lettuce Wraps



## INGREDIENTS

### MAIN DISH | MAKES 8 WRAPS

- 1 lb Flank Steak
- Coconut Oil
- Salt + Pepper
- Oregano
- Butter Lettuce (Romaine works as well)

### OPTIONAL ITEMS TO SERVE WITH

- Cucumber, diced
- Bell Peppers, sliced
- Olives
- Cherry Tomatoes
- Feta Cheese
- Pepperocinis
- Greek Yogurt Sauce
- Greek Vinaigrette

### YOGURT SAUCE

- 1 cup 0% fat Greek yogurt
- 1 clove garlic, finely minced
- 1 tsp chopped fresh dill
- Juice of 1/2 lemon
- Generous pinch of salt, pepper, & oregano

### GREEK VINAIGRETTE

- ¼ cup extra-virgin olive oil
- 2 Tbsp. red wine vinegar
- 1 lemon, juiced
- 2 cloves garlic
- 1 tsp. dried oregano leaves
- 3 pinches of salt, pepper, & dill

## INSTRUCTIONS

- Season flank steak on both sides with salt, pepper, & oregano (Just a good pinch on each side)
- Let it sit for 10 minutes.
- Heat 1 tsp of coconut oil in a skillet/ cast iron over medium heat
- Sear flank steak on each side (4-5 minutes) before flipping.
- Depending on thickness, you may need to cook a little longer to get your desired doneness.
- Remove steak from pan & let it rest for 5-10 minutes before slicing into strips.
- Build your lettuce wrap by layering 1-2 steak strips with desired toppings.

### PREPPING & REHEATING

I like storing this meal in divided containers. This lets me keep things that would get soggy apart from each other. One thing I love about this meal is that it is just as delicious cold as it is warm. So no need to reheat the steak!

### 10 DAY CLEANSE | 24 DAY CHALLENGE

This would be a GREAT lunch or dinner during the challenge. If you need a complex carb, you could pair with sweet potato. Go easy on the Feta (or leave it off all together) during the cleanse.

### KIDS

My kid throw down on Flank Steak, so while they may not eat the wraps (because green things), I know that if I want this meal to last me more than one meal, I have to make extra or hide the steak.