

# Hanger Steak

*with Salsa Verde & Plantains*

Plantains, which resemble large, unripe bananas, are often used in Latin American cooking. Unlike the softer, yellow bananas, this starchy fruit needs to be cooked in order to bring out the plantain's slightly sweet flavor. (A raw plantain would have a similar flavor to a potato.) This dish features a healthier take on tostones, or twice-fried plantains, a popular snack food.



## Ingredients

- 10 Ounces Hanger Steak
- 1 Avocado
- 1 Bunch Cilantro
- 1 Bunch Parsley
- 1 Clove Garlic
- 1 Lime
- 1 Green Plantain
- 1 Shallot
- 2 Tablespoons Red Wine Vinegar



Makes 2 Servings  
About 700 Calories Per Serving



# Instructions



## Prepare your ingredients:

Wash and dry the fresh produce. Remove the steak from the refrigerator to bring to room temperature. Mince the cilantro and parsley leaves. Peel and mince the garlic, smashing until it resembles a paste. Cut the lime into 6 wedges. Peel and mince the shallot. Cut the ends off the plantain. With the tip of a knife, score through the peel, then remove and discard the peel. Slice the peeled plantain into  $\frac{3}{4}$ -inch rounds. Peel, pit, and small dice the avocado. Add it to a small bowl and squeeze the **juice of 4 lime wedges** over it to prevent browning.



## Make the guacamole:

Add **half the shallot** to the avocado. Add **the remaining shallot** to a small bowl, along with the **red wine vinegar**. Using a fork, mash together the avocado, shallot, and cilantro until well combined. Season with salt and pepper to taste.



## Make the salsa verde:

In a small bowl, combine the **garlic, parsley, and 1 tablespoon of olive oil**, stirring to create a thick paste. Then, combine the garlic-parsley mixture with the **shallot-vinegar mixture** and season with salt and pepper to taste.



## Cook the plantains:

In a medium pan, heat enough oil to coat the bottom of the pan on medium-high until hot. Add the plantains and cook about 1 to 2 minutes per side, or until lightly browned. Transfer to a paper-towel-lined plate and reserve the pan with the oil in it.



## Smash the plantains:

Working one at a time, smash and flatten the sautéed plantains with the side of a knife or a small, heavy-bottomed pan. In the reserved pan, add a little more oil, if needed, and heat on medium-high until hot. Add the **smashed plantains** and cook for 1 to 2 minutes per side, or until golden brown and slightly crispy. Transfer to a paper-towel-lined plate and season with salt. Carefully discard any excess oil and wipe out the pan.



## Cook the steak & plate your dish:

Season the **hanger steak** with salt and pepper on both sides. In the same pan used for the plantains, heat some olive oil on high until hot. Add the steak and tent loosely with foil. Cook 5 to 7 minutes per side for medium-rare, or until they reach your desired doneness. Transfer to a plate to rest for at least 5 minutes, covering loosely to keep warm. Find the lines of muscle in the steak, or the grain. Slice the steak crosswise against the grain. Divide the steak, plantains, and guacamole between 2 plates. Spoon the salsa verde over the steak. Garnish with **the remaining lime wedges**. Enjoy!