

BEND  
THE RULES.

"Meat has so much inherent flavor that a simple marinade can bring out its deliciousness. You can use the herb or lime-mango marinades in these recipes on any protein, including chicken, turkey, tuna, or salmon."

CUBAN FLANK  
STEAK WITH LIME  
AND FRESH MANGO

PREP 25 MIN // MARINATE 10 MIN  
// COOK 10 MIN // SERVES 6

- 1 tsp finely grated lime zest
- 2 Tbsp fresh lime juice
- ½ tsp finely grated orange zest
- ¼ c fresh orange juice
- 2 Tbsp olive oil
- 2 large garlic cloves
- 1½ Tbsp packed fresh oregano
- 1½ tsp ground cumin
- 1¼ tsp kosher salt
- ½ tsp freshly ground black pepper
- 1½ lb lean flank steak
- 2 medium firm-ripe mangoes, sliced
- 1 large lime, cut into 8 wedges

**1** In a blender, combine lime zest and juice, orange zest and juice, oil, garlic, oregano, cumin, salt, and pepper; blend until smooth.

**2** Reserve 2 Tbsp marinade for serving. Place steak in a wide, shallow bowl; pour remaining marinade over steak and let sit, uncovered, at room temperature while you heat grill, about 10 min (or cover and refrigerate for several hours or overnight).

**3** Heat grill (or broiler) to high.

**4** Remove steak from marinade, brushing off any solid bits. Grill over direct heat (or under broiler), turning once, until desired degree of doneness is reached, about 5 minutes per side for medium-rare.

**5** Thinly slice steak across grain and drizzle with reserved marinade; serve with mango slices and lime wedges.

**PER SERVING (3 oz steak, ¼ of a mango, 1 tsp marinade):** 289 cal, 11 g total fat, 3 g sat fat, 470 mg sod, 23 g total carb, 18 g sugar, 3 g fiber, 26 g prot. **SmartPoints value:** 5

## happy meals



If you've ever stared into the fridge wondering what to have for dinner, cookbook author and *New York Times* food writer **Melissa Clark** has a novel answer: Forget the protein and two sides, and imagine what you'd order at a restaurant. "At home we're stuck in an old-fashioned mindset," she says. "But we'll go out and have three sides and no main, or two apps." Her new book, *Dinner: Changing the Game*, encourages readers to create a blueprint for eating differently by eating what they want. "It's about listening to what you're hungry for," Clark says. Here's how.

BY MELANIE MANNARINO

This recipe, originally from Melissa Clark's *Dinner: Changing the Game*, has been adapted for *Weight Watchers* with permission.

**eat it up**  
cook like a chef



## HERB-MARINATED STEAK

PREP 30 MIN // MARINATE 30 MIN // COOK 12 MIN // SERVES 8

- 1 c fresh basil, plus extra for garnish
- 3 scallions (white and green parts), thinly sliced, plus more for garnish
- 2 Tbsp fresh thyme, plus more for garnish
- 2 Tbsp fresh mint or dill
- 2 large garlic cloves
- 1 medium jalapeño, seeded (optional)
- 2½ tsp kosher salt
- 3 tsp finely grated lemon zest
- 1½ Tbsp fresh lemon juice
- ¼ c extra-virgin olive oil
- 2½ lb lean flank steak

## in Melissa's kitchen

**KEEP THE GOOD STUFF STOCKED** “When you’re overwhelmed, it can feel like there’s never enough time to eat dinner, let alone cook it. So plan ahead: Over the weekend, make a list of the things you generally want to eat, and then lay in the good food. If it’s there, you’re going to eat it.”

**GO BOWLING** “When it comes to last-minute dinners, the thing that’s usually missing is the fresh protein. But if you don’t have chicken or fish or steak in the fridge, that’s fine. Quinoa is a pantry protein that cooks quickly, and farro is a fantastic, quick-cooking grain. With either, you can make a grain bowl in half an hour. While the grain is on the stove, prep the veg—my daughter loves crispy broiled broccoli—then use a simple little sauce to bring it together. In our house we mix salt and olive oil into yogurt; you can also add grated garlic if you want.”

**BUILD ON WHAT YOU LOVE** “Try something related to an ingredient you already know you like—vinegar, for example. If you like most kinds, and have never tried cider vinegar specifically, go buy it. Also look at recipes: If a recipe sounds good and has preserved lemons in it, give it a try.”

**1** In a blender or food processor, combine basil, scallions, thyme, mint, garlic, jalapeño, salt, and lemon zest and juice. Pour oil over mixture; blend until it turns to a paste.

**2** Pat meat dry with paper towels; place in a wide bowl. Slather paste all over meat; cover bowl and refrigerate 30 minutes or overnight.

**3** Heat a grill (or broiler) to high.

**4** Use a paper towel to gently pat meat dry, leaving as much paste as possible on it. Grill over direct heat (or under broiler on a rimmed baking sheet or broiler pan) until meat is nicely browned on both sides, 3–6 minutes per side (will vary based on desired degree of doneness).

**5** Transfer steak to a cutting board; let rest 5–10 minutes. Slice steak against grain; serve garnished with basil, scallions, and thyme.

**PER SERVING (3½ oz steak):**  
268 cal, 15 g total fat, 4 g sat fat, 684 mg sod, 2 g total carb, 0 g sugar, 1 g fiber, 31 g prot.

**SmartPoints value:** 6

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