

# **Korean-Inspired Bulgogi-Spiced Flank Steak with Roasted Pepper & Onion Farro Salad**

This main course brings bold Korean-inspired flavors to your table with tender flank steak, complemented by a hearty, vibrant farro salad featuring roasted vegetables and earthy mushrooms. It's designed for family-style sharing and embodies the "Chaos Cuisine" spirit of adaptable, globally-influenced, and satisfying meals.

Yields: 4-6 servings

Prep time: 25 minutes (plus 30 mins - 4 hours marinating)

Cook time: 30-40 minutes

## **Ingredients:**

### **For the Bulgogi-Spiced Flank Steak:**

- 1.5 lbs (approx. 680g) Flank Steak
- 1/2 cup (120ml) Soy Sauce (or Tamari for gluten-free)
- 2 tbsp (30ml) Sesame Oil
- 4 cloves Garlic, minced
- 1 tbsp (15g) Fresh Ginger, grated
- 2 tbsp (30g) Brown Sugar or Honey
- 1/4 cup (60ml) Pear Juice (or 1/2 small pear, grated)

### **For the Roasted Pepper, Onion & Mushroom Farro Salad:**

- 1 cup (180g) Farro, uncooked
- 3 cups (720ml) Water or Vegetable Broth
- 1 large Bell Pepper (any color, e.g., red, yellow, orange), cut into 1-inch pieces
- 1 medium Red Onion, cut into wedges
- 8 oz (225g) Mixed Mushrooms (cremini, shiitake, oyster), cleaned and quartered or sliced
- 2 tbsp (30ml) Olive Oil
- 1 tbsp (15ml) Rice Vinegar (or Red Wine Vinegar)
- 2 tbsp Fresh Parsley, chopped
- 2 tbsp Fresh Cilantro, chopped
- Salt and freshly ground Black Pepper, to taste

### **For Garnish:**

- 1/4 cup Fresh Scallions, thinly sliced
- 1/4 cup Fresh Mint, chopped
- 1/4 cup Fresh Cilantro, chopped (additional for garnish)
- 1 tbsp Toasted Sesame Seeds

## **Instructions:**

### **1. Marinate the Flank Steak:**

- Pat the flank steak dry with paper towels.
- In a shallow dish or resealable bag, whisk together soy sauce, sesame oil, minced garlic, grated ginger, brown sugar/honey, and pear juice to create the bulgogi marinade.
- Add the flank steak to the marinade, ensuring it's fully coated. Marinate in the refrigerator for at least 30 minutes, or up to 4 hours for deeper flavor.

### **2. Cook the Farro:**

- While the steak marinates, rinse the farro under cold water.
- In a medium saucepan, combine the farro with 3 cups of water or vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for 20-25 minutes, or until the farro is tender but still chewy.
- Drain any excess liquid and fluff the farro with a fork. Set aside to cool.

### **3. Roast the Vegetables & Mushrooms:**

- Preheat your oven to 400°F (200°C).
- On a large baking sheet, toss the bell pepper pieces, red onion wedges, and mixed mushrooms with 2 tablespoons of olive oil, a pinch of salt, and pepper.
- Spread them in a single layer. Roast for 20-25 minutes, or until tender and slightly caramelized, stirring halfway through. Let cool slightly.

### **4. Cook the Flank Steak:**

- Remove the flank steak from the marinade (discard excess marinade).
- Heat a large cast-iron skillet or grill pan over medium-high heat until very hot.
- Sear the flank steak for 4-7 minutes per side for medium-rare, or until desired doneness is reached. (Adjust time based on thickness and your preference).
- Transfer the cooked steak to a cutting board, tent loosely with foil, and let it rest for at least 5-10 minutes before slicing. This is crucial for juicy steak!

### **5. Assemble the Farro Salad:**

- In a large bowl, combine the cooled farro, roasted bell peppers, red onions, and mixed mushrooms.
- Drizzle with 1 tablespoon of rice vinegar (or red wine vinegar) and toss gently.
- Stir in the chopped fresh parsley and cilantro. Taste and adjust seasoning with more salt, pepper, or vinegar if needed.

### **6. Serve:**

- Thinly slice the rested flank steak against the grain.
- Arrange the sliced flank steak on a large serving platter alongside the Roasted Pepper & Onion Farro Salad.
- In a small bowl, gently toss together the thinly sliced scallions, chopped fresh mint, and additional chopped fresh cilantro to create the herb salad garnish.
- Garnish the entire dish generously with this fresh herb salad and toasted sesame seeds. Serve immediately, family-style.