



Flank Steak Tacos

★★★★★ 5 from 5 votes

Easy flank steak tacos with citrus marinade. This easy recipe for the grill, stovetop, or oven makes the BEST perfectly tender steak tacos.

PREP:	COOK:	TOTAL:
10 mins	8 mins	1 hr 25 mins

SERVINGS: 4 servings

REVIEW

SAVE

PRINT

Ingredients

For the Flank Steak and Marinade:

- 1 pound flank steak *trimmed of excess fat*
- 2 tablespoons [extra virgin olive oil](#)
- 2 cloves garlic *minced (about 2 teaspoons)*
- 1/4 cup freshly squeezed orange juice
- 2 tablespoons freshly squeezed lime juice
- 1/2 tablespoon ground cumin
- 1/2 teaspoon kosher salt *plus additional for grilling the steak*
- 1/4 teaspoon black pepper *plus additional for grilling the steak*
- Canola oil *for coating the grill*

For Serving:

- 8 7-inch corn or flour tortillas
- Shredded Monterey jack *feta, or queso fresco cheese*
- Other toppings: chopped fresh cilantro *diced red onion, sliced or diced tomatoes*

Instructions

- 1 Place the flank steak in a baking dish. In a medium mixing bowl or large measuring cup, stir together the olive oil, garlic, orange juice, lime juice, cumin, salt, and pepper. Pour over the steak. Cover tightly with plastic and refrigerate for at least 1 hour or up to 8 hours (do not marinate for more than 8 hours or the steak will break down and soften too much).
- 2 When ready to grill, remove the steak from the refrigerator and let stand at room temperature while you prepare any toppings and preheat the grill.
- 3 Preheat an outdoor grill or indoor grill pan over medium-high heat (alternatively, you can cook the steak under your broiler—place your oven rack in the upper third, usually the second closest rack to the top). Brush the grill grates with oil. Remove the steak from the marinade, shaking off any excess. Grill (or broil) the steak for about 3-4 minutes per side, flipping once, until medium-rare (The steak should read 135 degrees F on an [instant-read thermometer](#).)
- 4 Remove the steak to a cutting board and cover with foil. Let rest for 5 minutes (this allows the juices to sink into the meat), then cut the steak into thin, 1/4-inch slices, slicing it across the grain.
- 5 Next, warm the tortillas. Place them in a dry skillet heated over medium-high or heat them on the grill for about 30 seconds per side, until warmed through.
- 6 To serve, fill the tortillas with a few slices of beef. Sprinkle with cheese and any desired toppings. Enjoy immediately.

Notes

- **NOTE:** Nutrition information is an estimate and has been calculated with half the total marinade, as much is discarded. If you would like to calculate it differently, you can do so for free at myfitnesspal.com.

Nutrition

SERVING: 1(of 4); without toppings or tortillas	CALORIES: 193kcal	CARBOHYDRATES: 2g
PROTEIN: 24g	FAT: 9g	SATURATED FAT: 3g
POLYUNSATURATED FAT: 1g	MONOUNSATURATED FAT: 5g	CHOLESTEROL: 68mg
POTASSIUM: 417mg	FIBER: 1g	SUGAR: 1g
VITAMIN A: 23IU	VITAMIN C: 5mg	CALCIUM: 30mg
IRON: 2mg		

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