

SCOTT CULPEPPER'S

London Broil and Arugula Salad

SERVES: 6



1 (2-3 lb) London broil
5 oz fresh arugula
2 whole lemons
8 oz Parmesan cheese wedge
1 (16 oz) bottle of Laura Lynn traditional Italian dressing
salt and pepper, to taste
canola oil

SALAD:

1. Juice the two lemons and add the juice to the Italian dressing; shake to combine.
2. Place the arugula in a large mixing bowl.
3. Dress the arugula with your desired amount of dressing and toss.
4. Using a potato peeler, shave fresh Parmesan into the arugula. Use as little or as much Parmesan as you prefer.
5. Toss the salad to combine all ingredients and transfer to a large platter.
6. Slice the London broil on the bias about 1/4" thick. Place over the salad, garnish with more shaved Parmesan, and serve.

LONDON BROIL:

1. Heat the grill to medium-high heat.
2. Lightly coat the London broil with canola oil and season both sides with salt and pepper.
3. For medium-rare, grill 6-8 minutes per side (135°F internal temperature). Grill longer if desired.
4. Remove from the grill, cover with aluminum foil and let rest for 10 minutes.