**Mexican Bean Salad with Steak**

**Ingredients**

**Steak Marinade**
- 1 lbs flank steak
- 2 tbsp soy sauce
- Juice from 1 lime
- 2 tbsp olive oil
- 1 tbsp packed brown sugar
- ½ teaspoon ground cumin
- ½ teaspoon freshly ground black pepper
- ¼ tablespoon chili powder
- 1 garlic clove, finely minced

**Salad**
- ½ can black beans, rinsed and drained
- ½ can kidney beans, rinsed and drained
- ½ red onion, chopped very finely
- 1 x small can corn
- 1 small red pepper, diced
- 1/2 cup chopped fresh cilantro, plus more for garnish
- 1 ripe avocado, sliced

**Salad dressing**
- 1 clove garlic, minced
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon cumin
- 2 tbsp extra virgin olive oil
- Juice 1 lime

**Making it**
- Remove the steak from the refrigerator 30 minutes before cooking. Cut away any tough visible connective tissue on the surface of the steak. Using the tip of a sharp knife, make small incisions into the meat, almost all the way through.
- Whilst the steak is coming up to room temperature, make the marinade. Pour this mixture into a large zip lock bag, add the steak and leave to marinade for at least 30 minutes
- Add all ingredients for the salad, apart from avocado, into a large mixing bowl. Whisk the salad dressing ingredients together in a separate bowl and pour over bean salad. Stir thoroughly.
- Remove the steak from the marinade and pat with paper towel. Heat a skillet pan to medium high heat. Sear the steak for 2 - 3 minutes until well browned on one side. Flip to the other side and sear for 3 more minutes. Remove the pan from the heat and let the steak continue to cook for 5 minutes more (for medium doneness) in the residual heat of the pan. Transfer steaks to a cutting board, cover with foil, and allow to rest for 10 to 15 minutes
- Serve the bean salad with a few slices of steak and avocado and sprinkle with remaining cilantro