

STEAK BITES

With Flat Iron Steak

Prep time: 10 mins | Grill Time: 2 hours | Grill Temp: 225 F and 275 F

These Steak Bites using our Beef Flat Iron Steaks will not disappoint—they're soft, tender, and absolutely mouth-watering. Cut from the front shoulder of the beef blade, Flat Iron Steaks are a hidden gem: incredibly flavourful and surprisingly tender for such a great price point. Whether you're serving them as a main dish, a crowd-pleasing appetizer, or a protein-packed salad topping, these steak bites are sure to impress.

INGREDIENTS:

- **Unger Meats Flat Iron Steak**
- Seasoning of choice (we used **Heath Riles Garlic Jalapeño**)
- Favourite BBQ Sauce (we used **Blues Hog Smokey Mountain**)
- Apple Juice (any fruit juice will work) OR mix your favourite BBQ sauce with water and use this as the liquid.

DIRECTIONS if using a wood pellet smoker

- Preheat smoker to 225 F.
- Cut steak into bite size pieces and season generously on all sides with your favorite seasoning.
- Smoke for about 1 hour. Remove from the rack and place into a deep foil pan.
- **Increase smoker temperature to 275 F.**
- Pour apple juice or whatever liquid you are using, into foil pan to just cover the bottom. Cover tightly with foil and return to the smoker for another hour. You are aiming for an internal temperature of about 195-200 F.
- Pour off all the liquid and then add BBQ Sauce; Stir to coat meat on all sides.
- Return steak bites to the wire rack (or place directly onto the smoker rack) and cook another 15 mins.

DIRECTIONS if using a propane grill

- Preheat a cast iron pan over medium/high heat. Also preheat your grill to INDIRECT low/med heat.
- Cut steak into bite size pieces and season generously on all sides with your favorite seasoning.
- Sear seasoned steak bites in the preheated cast iron JUST until browned on all sides.
- Transfer to a foil pan and add liquid to just cover the bottom.
- Cover tightly with foil and place over INDIRECT heat on the grill for about 1 hour.
- Transfer the steak bites to the bbq rack and brush with your favourite BBQ sauce and grill until caramelized and sticky.

Enjoy!



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