

# Grilled Flank Steak and Mango Tacos

An easy 30-minute grilling recipe adds tropical vibes to taco night.

By **Jenna Helwig** | Published on July 27, 2025

**Prep Time:** 35 mins

**Total Time:** 35 mins

**Servings:** 4

## Ingredients

1 large mango

2 Tbsp. olive oil, divided, plus more for grill

2 1/2 tsp. kosher salt, divided

1 tsp. ground cumin

1 1-lb. flank steak (about 1 in. thick), trimmed and patted dry

2 large plum tomatoes, chopped (about 1 cup)

1/4 cup chopped fresh cilantro, plus more for garnish

1 Tbsp. fresh lime juice (from 1 lime), plus wedges for serving

8 6-in. corn tortillas, warmed

Sour cream, for serving

## Directions

### Step 1

#### Preheat grill:

Preheat grill to medium-high (400°F to 450°F) and lightly oil grates. Slice mango lengthwise along both sides of pit. Discard pit.

### Step 2

#### Grill steak:

Combine 1 tablespoon oil, 2 teaspoons salt, and cumin in a small bowl. Coat steak with mixture. Place steak on grates; grill, turning occasionally, until an instant-read thermometer inserted in thickest part reads 130°F for medium-rare, 10 to 12 minutes (or to desired degree of doneness). Transfer steak to a cutting board; tent with aluminum foil to keep warm.

### Step 3

#### Grill mango:

Brush cut sides of mango with 1 1/2 teaspoons oil. Place on grates cut side down; grill, uncovered, until flesh is charred in spots, 4 to 6 minutes. Flip and grill until slightly charred on skin side, about 2 minutes. Transfer to cutting board.

### Step 4

#### Make mango salsa:

Scoop mango out of peel; chop. Transfer to a medium bowl. Add tomatoes, cilantro, lime juice, and remaining 1 1/2 teaspoons oil and 1/2 teaspoon salt. Toss to combine.

### Step 5

#### Assemble tacos:

Thinly slice steak against the grain and place inside tortillas. Top with mango salsa and sour cream. Garnish with cilantro and serve with lime wedges.

## Make-Ahead and Storage Instructions

The steak and mango can be grilled up to 1 day ahead; cool completely and store separately in airtight containers in the refrigerator. Serve the steak at room temperature and prepare the mango salsa per the recipe.

## Nutrition Facts

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Per serving: 473 calories; total fat 19g; saturated fat 5g; cholesterol 91mg; sodium 877mg; total carbohydrate 42g; dietary fiber 6g; total sugars 17g; protein 36g; vitamin c 56mg; calcium 91mg; iron 3mg; potassium 826mg

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