

## Jamaican-Style Jerk Steak Bowl

Marinated beef Skirt Steak is served on top of quinoa with cabbage and a mango salsa.

## **INGREDIENTS**

1 each beef Skirt Steak (about 1 to 1-1/2 pounds)

1/2cup nonfat Greek-style yogurt2tablespoons plus 2 teaspoons Caribbean Jerk Seasoning

6 cups packaged coleslaw mix

2 cups diced fresh mangoes

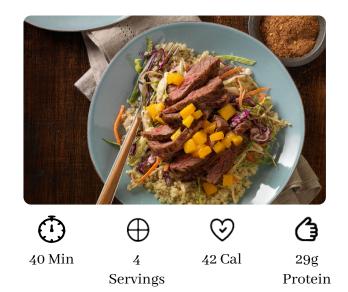
2 cups cooked quinoa

Blend

2 tablespoons Pickapeppa™ Sauce - Pickapeppa™ Sauce is a vinegar-based Jamaican pepper sauce that can be found in the condiment section of your grocery store.

2 tablespoons pineapple juice

diced fresh mangoes



## **COOKING**

- 1. Combine Marinade ingredients in small bowl. Place beef steak and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator for 6 hours or as long as overnight.
- 2. Combine yogurt and jerk seasoning in large bowl. Add coleslaw mix, mangoes and quinoa; mix well. Cover and refrigerate.
- 3. Remove steak from marinade; discard marinade. Pat steaks dry with paper towel. Place steak on grid over medium, ash-covered coals. Grill, covered, 7 to 12 minutes (over medium heat on preheated gas grill, covered, 8 to 12 minutes) for medium rare ( $145^{\circ}$ F) to medium ( $160^{\circ}$ F) doneness. Remove; keep warm.
- 4. Divide Cole slaw mixture among 4 bowls. Carve steak against the grain into thin slices. Season with salt, as desired. Place steak slices on top of coleslaw mixture. Garnish with diced mango, as desired.

## **NUTRITION**

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | GLUTEN<br>FREE | ALL<br>NATURAL |
|-----------|----------|-----------|---------|--------|------------|---------|----------------|----------------|
| 4         |          | 14g       | 79mg    |        | 47g        | 29g     | 1              | 0              |

<sup>\*</sup>The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

 $Courtesy \ of \ BeefIts Whats For Dinner. com$