

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)

1/2 cup nonfat Greek-style yogurt

2 tablespoons plus 2 teaspoons Caribbean Jerk Seasoning

Blend

6 cups packaged coleslaw mix

2 cups diced fresh mangoes

2 cups cooked quinoa

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



40 Min



4
Servings



42 Cal




29g
Protein

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°F) to medium (160°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		
4		14g	79mg		47g	29g	1	0

*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 BeefItsWhatsForDinner.com