

Sesame Flat Iron Steak On Wonton Crisps

These crispy, flavor-packed bites are topped with stir-fried steak, marinated cucumbers and toasted sesame seeds.



INGREDIENTS

1 beef Flat Iron Steak, about 1-1/2 pounds

Marinated Cucumbers (recipe follows)

1/2 cup vegetable oil

12 refrigerated wonton wrappers

1 medium red bell pepper, thinly sliced (optional)

1/2 teaspoon toasted sesame seeds

1/4 cup soy sauce

1/4 cup finely chopped green onions

2 tablespoons water

2 tablespoons packed brown sugar

1-1/2 tablespoons dark sesame oil

1 teaspoon minced garlic

1 teaspoon minced fresh ginger

1/4 teaspoon black pepper

30 Min

12
Servings

42 Cal

13g
Protein

COOKING

1. Prepare Marinated Cucumbers.

2. Cut beef Flat Iron Steak lengthwise in half, then crosswise into 1/4 inch strips; set aside. Combine Sesame-Soy Marinade ingredients in medium bowl. Place beef strips and marinade in food-safe plastic bag; toss to coat.

Close bag securely and marinate in refrigerator 30 minutes.

3. Meanwhile heat 1/2 cup oil in large nonstick skillet over medium-high heat until hot. Fry 3 wonton wrappers 15 seconds per side or until crispy; drain on paper towels. Repeat with remaining wonton wrappers.

4. Remove beef strips from marinade; discard marinade. Heat pan over medium heat until hot. Add 1/2 of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Repeat with remaining beef. Evenly divide beef strips over wonton crisps; top beef with 1 tablespoon Marinated Cucumbers and 1/2 teaspoon sesame seeds. Garnish plate with red bell pepper strips, if desired.

Marinated Cucumbers. Whisk together 2 tablespoons sugar and 1/2 cup rice vinegar in medium bowl until sugar is dissolved. Stir in 1 cup diced seeded cucumbers; place mixture in food-safe plastic bag. Close bag securely and marinate in refrigerator 1 hour. Drain cucumbers in large colander; discard marinade.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
12		11g	26mg		7g	13g	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