

Thai Beef & Cucumber Salad

Give Top Round Steak slices a quick dip in a flavorful marinade before stir frying. Meanwhile, a cool cucumber salad gets prepared to round out the meal.

INGREDIENTS

- 1 pound beef Top Round Steak, cut 3/4 inch thick
- 1 English or hothouse cucumber, cut lengthwise in half, then crosswise into thin slices
- 1 teaspoon olive oil
- 1 cup halved grape tomatoes
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped unsalted dry-roasted peanuts
- 1/3 cup reduced sodium soy sauce
- 1/4 cup creamy peanut butter
- 1 tablespoon minced fresh ginger
- 1 teaspoon minced garlic
- 1/4 cup rice vinegar
- 2 tablespoons sugar
- 1 tablespoon minced fresh ginger
- 1 tablespoon fresh lime juice



| | | | |
|--------|----------|--------|---------|
| 45 Min | 4 | 42 Cal | 28g |
| | Servings | | Protein |

COOKING

1. Cut beef Top Round Steak lengthwise in half, then crosswise into 1/8-inch thick strips. Combine beef marinade ingredients in large bowl. Add beef; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Whisk cucumber marinade ingredients in medium bowl until sugar is dissolved. Stir in cucumber. Cover and marinate in refrigerator 20 to 30 minutes. Drain cucumber in colander; discard marinade. Set aside.
3. Remove steak from marinade; discard marinade. Heat oil in large skillet over medium-high 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.) Remove from skillet. Repeat with remaining beef.
4. Toss cucumber, tomatoes, cilantro and peanuts in large bowl. Divide evenly among 4 plates. Arrange steak slices over salad.

NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | | |
|-----------|----------|-----------|---------|--------|------------|---------|---|---|
| 4 | | 13g | 57mg | | 10g | 28g | 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