

Beef Sirloin Flap Dry Pot

Beef Top Sirloin Steak is grilled then laid on top of stir-fried vegetables and noodles. Enjoy this Korean-style recipe with lots of color and flavor.

INGREDIENTS

- 1 beef Top Sirloin Steak (about 1 pound)
- 1 cup Korean barbecue sauce
- 2 tablespoons black pepper, garlic and herb rub
- 2 tablespoons vegetable oil
- 2 garlic cloves, sliced
- 1/4 cup julienned fresh ginger
- 2 cups chopped bok choy
- 4 cups chopped napa cabbage
- 1 bell pepper, thinly sliced
- 8 ounces shiitake mushrooms, stemmed and thinly sliced
- 4 green onions, thinly sliced
- 8 ounces cooked cellophane noodles
- Sliced green onions, chopped fresh cilantro leaves, chopped kimchi and pickle chips (optional)



55 Min

4
Servings

42 Cal

55g
Protein

COOKING

1.

Combine all Marinade and Sauce ingredients in medium bowl, mix well. Cover and refrigerate 15 minutes. Combine 1/2 cup marinade and beef Sirloin Steak in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator at 15 minutes to 2 hours.
2.

Remove beef from marinade, discard marinade. Pat dry with paper towel. Place steak in center of grid over medium, ash-covered coals. Grill steak, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Keep warm.
3. Heat oil in wok over medium-high heat until hot. Add garlic and ginger; stir-fry 1 minute, stirring often. Add bok choy, cabbage, pepper, mushrooms and onions; stir-fry 2 minutes until crisp-tender. Add noodles; stir-fry 2 minutes. Stir in remaining Sauce; toss to glaze vegetables mixture. Add 1 to 2 tablespoons of water if sauce is thick.
4. Divide vegetable mixture between 4 bowls. Thinly slice steak against the grain. Top vegetable mixture with steak. Garnish with onions, cilantro, kimchi and pickles, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		28.9g	158mg		88.5g	55g	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