

## Coulotte Steak Pancit (Filipino Rice Noodles)

Our spin on traditional Filipino pancit. Grilled Coulotte Steaks in a soy glaze with grilled scallions and vermicelli rice noodles.

### INGREDIENTS

1 beef Coulotte Steak or Picanha (about 2 to 3 pounds), cut into 1/2-inch thick pieces

1 bunch green onions, divided

1 package (8 ounces) Vermicelli rice noodles

1 tablespoon sesame oil

3 bell peppers, thinly sliced

Fresh cilantro (optional)

1/4 cup low sodium soy sauce

2 tablespoons Worcestershire sauce

2 tablespoons balsamic vinegar

2 tablespoons sesame oil

2 teaspoons ground ginger

2 teaspoons granulated garlic

2 teaspoons granulated onion

2 teaspoons salt

2 teaspoon ground black pepper

1/2 teaspoon Korean red pepper flakes (Gochujang)

### COOKING

1. Combine glaze ingredients; reserve half of glaze. Set aside.

Combine rub ingredients; set aside.

Preheat grill to medium-high heat.

2. Meanwhile, cut bottoms of green onions into 2-inch pieces. Thinly slice green tops on a bias; reserve tops and set aside. Alternately thread beef and onion pieces evenly onto ten 10-inch metal skewers. Lightly spray with cooking spray. Sprinkle with 2 teaspoons rub.



30 Min

10  
Servings

42 Cal

23g  
Protein

3. Place skewers in center of grid over medium, ash-covered coals or medium heat on preheated gas grill. Grill skewers, covered, 8 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning and basting with glaze every 2 minutes.

4. Cook noodles according to package directions for stir-fry. Heat oil in nonstick skillet over medium heat. Add peppers, reserved green onion and noodles. Stir-fry 3 to 5 minutes or until peppers are crisp-tender, stirring occasionally. Stir in remaining glaze and reserved rub. Cook and stir 1 to 3 minutes or until heated through.

5. Place noodle mixture on serving plate. Top with steak and onion. Sprinkle with cilantro, as desired.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
10		16g	65mg		25g	23g	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