

Asian Steak & Avocado Appetizer

There are lots of reasons to love this Asian-inspired dish. Tender and juicy Strip Filets, fresh cilantro and creamy avocado are just a few.



INGREDIENTS

- 4 beef Strip Filets, cut 3/4 inch thick (about 1 pound)
- 1/4 cup fresh lime juice or juice from 2 small limes
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons mirin (rice wine)
- 1 tablespoon reduced-sodium soy sauce
- 1/2 teaspoon sesame oil
- 2 1/2 cups small avocado chunks (about 2 large avocados)
- 1/2 cup halved cherry tomatoes
- Baked wonton wrappers or tortilla chips

25 Min 8 42 Cal 13g
Servings Protein

COOKING

1. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 12 to 15 minutes for medium rare (145°F) to medium (160°F), turning occasionally. Remove steaks. Let stand 5 minutes.
2. Cut steaks lengthwise in half, then crosswise into thin slices.
3. Whisk together lime juice, cilantro, mirin, soy sauce and sesame oil in medium bowl. Add avocado chunks and tomato halves to vinaigrette, mixing lightly. Spoon avocado mixture onto serving plate. Top with beef. Pour any remaining vinaigrette over beef. Serve on baked wonton wrappers or tortilla chips.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		13g	37mg		6g	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