

Asian Strip Filets With Soba Noodle And Vegetable Salad

These Asian-influenced Strip Filets are a great match with red bell peppers, fresh basil, fresh mint and soba noodles in a soy-ginger and lime dressing.

INGREDIENTS

2 beef Strip Filets, cut 1-3/4 to 2 inches thick (about 1 pound)

2 tablespoons reduced-sodium soy sauce, divided

1 tablespoon minced fresh ginger, divided

2 teaspoons minced garlic

6 ounces uncooked soba noodles - Soba noodles are traditional Japanese noodles made from buckwheat and wheat flours.

They are available in the Asian section of most supermarkets.

Six ounces uncooked spaghetti (regular or whole wheat), cooked and drained according to package directions, may be substituted.

8 ounces sugar snap peas, cut diagonally in half

1-1/2 cups thinly sliced red bell pepper

1/4 cup thinly sliced fresh basil - To thinly slice fresh basil and mint, stack several leaves. Roll stack lengthwise into cylinder.

Cut cylinder crosswise at close intervals with sharp knife.

1/4 cup thinly sliced fresh mint

2 tablespoons diagonally sliced green onion

1 tablespoon toasted sesame seeds - To toast sesame seeds, cook them in dry skillet over medium heat about 5 minutes or until golden brown, stirring frequently. Watch carefully to prevent burning.

3 tablespoons vegetable oil

2 tablespoons fresh lime juice

Reduced-sodium soy sauce (optional)

Toasted sesame seeds (optional)



50 Min



4

Servings



42 Cal



34g

Protein

COOKING

1. Preheat oven to 350°F. Brush beef Filets with 1 tablespoon soy sauce. Combine 2 teaspoons ginger and garlic; press evenly onto Filets. Heat heavy, ovenproof, nonstick skillet over medium heat until hot. Place Filets in skillet and brown 2 minutes; turn Filets over and place skillet into preheated oven.

2. Cook in 350°F oven 19 to 23 minutes for medium rare; 24 to 28 minutes for medium doneness.


3. Meanwhile, cook noodles according to package directions; drain. Combine noodles, peas, bell pepper, basil,

mint, green onion and 1 tablespoon sesame seeds in large bowl. Whisk remaining 1 tablespoon soy sauce, oil, lime juice and remaining 1 teaspoon ginger in small bowl until blended. Pour over noodle mixture; toss to combine. Season with additional soy sauce to taste, if desired. Refrigerate, covered, until ready to serve.

4. Remove Filets from oven when internal temperature reaches 135°F for medium rare; 150°F for medium. Transfer Filets to carving board; tent loosely with aluminum foil. Let stand 5 to 10 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)

5. Carve Filets into slices; serve with noodle salad. Garnish with additional sesame seeds, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		19g	73mg		43g	34g	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