

# Asian-Spiced Steak With &Quot;Forbidden&Quot; Rice And Vegetable Salad

Nutrient-rich Chinese black rice teams with protein-rich Top Sirloin Steak in this spiced-up take on steak and vegetables, featuring a bold Asian marinade and dressing.



## INGREDIENTS

1 beef Top Sirloin Steak Boneless, cut 1 inch thick (about 1 pound)

3 tablespoons fresh lime

2 tablespoons honey

2 tablespoons reduced-sodium soy sauce plus additional for serving (optional)

2 tablespoons vegetable oil

1 teaspoon mirin (rice wine)

1/2 teaspoon ground ginger - Two teaspoons minced fresh ginger may be substituted for ground ginger.

1/4 teaspoon five spice powder

1/4 teaspoon crushed red pepper

1/8 teaspoon garlic powder - One teaspoon minced fresh garlic may be substituted for garlic powder.

2 cups cooked Chinese black rice - Two cups cooked wild rice blend, brown rice or white rice may be substituted for Chinese black rice.

3/4 cup chopped red bell pepper

3/4 cup frozen shelled edamame, thawed

1/4 cup sliced green onions

1/4 cups toasted sliced almonds

2 tablespoons chopped fresh mint



45 Min



4  
Servings



42 Cal



34g  
Protein



## COOKING

1. Combine Marinade & Dressing ingredients in medium bowl. Place beef Steak and 1/3 cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours, turning occasionally. Reserve remaining marinade for dressing.

2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, 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.

3. Meanwhile, combine rice, bell pepper, edamame and green onion in large bowl. Add reserved dressing; toss to coat evenly.
4. Carve steak into slices. Serve beef with rice mixture. Sprinkle with almonds and chopped mint. Season with additional soy sauce, if desired.

NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein |  |  |
|-----------|----------|-----------|---------|--------|------------|---------|---|---|
| 4         |          | 15g       | 70mg    |        | 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