

Asian-Spiced Steak With "Forbidden" 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