

# Balsamic Marinated Beef Top Sirloin Steak & Amp;

## **Asparagus**

Asparagus and steak are a great combination for a quick yet impressive meal. Served with a tangy balsamic vinegar and Dijon-style mustard sauce.

### **INGREDIENTS**

1 pound beef Top Sirloin Steak, cut 3/4 inch thick

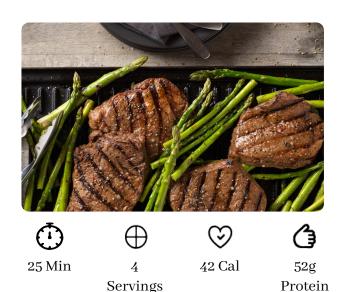
1 pound fresh asparagus, trimmed

1/2 teaspoon salt

1/8 teaspoon pepper

1/3 cup balsamic vinaigrette

1 tablespoon Dijon-style mustard



### **COOKING**

- 1. Combine marinade ingredients in small bowl. Remove and reserve 2 tablespoons. Place beef steaks and remaining marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
- 2. Place asparagus in shallow microwave-safe dish; add 1/2 cup water. Cover and microwave on HIGH 3 to 6 minutes or until crisp-tender. Drain asparagus. Add reserved 2 tablespoons marinade to asparagus; turn to coat. Set aside.
- 3. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 7 to 11 minutes (over medium heat on preheated gas grill, 8 to 13 minutes) for medium rare  $(145^{\circ}F)$  doneness, turning once. (Do not overcook.)
- 4. During last 3 minutes of grilling, arrange asparagus on grid around steaks; grill 2 to 3 minutes, turning once. Season steaks and asparagus with salt and pepper.

### **NUTRITION**

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		14g	149mg		7g	52g	1	0

<sup>\*</sup>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.

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