

# Southeast Asian Steak Salad

MORGAN HANRAHAN, Washington

**Total Recipe Time:** 40 to 45 minutes

**Marinade Time:** 15 minutes to 2 hours

**Makes** 4 servings

**2 beef** ribeye steaks, cut  $\frac{3}{4}$  inch thick (about 8 to 10 ounces each)

**1 package** (6 to 8 ounces) vermicelli rice noodles

**3 cups** thinly sliced romaine lettuce

**1 cup** fresh bean sprouts

**1 cup** packaged matchstick carrots

$\frac{1}{2}$  **cup** thinly sliced green onions

$\frac{1}{4}$  **cup** chopped fresh cilantro

$\frac{1}{4}$  **cup** chopped fresh mint

**4 slices** lime (optional)

**Fresh** cilantro or mint sprigs (optional)

## Marinade

$\frac{1}{2}$  **cup** reduced-sodium or regular teriyaki sauce

$\frac{1}{4}$  **cup** fresh lime juice

**3 tablespoons** honey

**3 tablespoons** vegetable oil

**1 tablespoon** sesame oil

**1 teaspoon** chili garlic sauce

**Nutrition information per serving:** 473 calories; 17 g fat (3 g saturated fat; 7 g monounsaturated fat); 48 mg cholesterol; 567 mg sodium; 59 g carbohydrate; 2.9 g fiber; 24 g protein; 6.7 mg niacin; 0.6 mg vitamin B6; 1.0 mcg vitamin B12; 4.3 mg iron; 26.7 mcg selenium; 4.2 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B6, iron, selenium and zinc; and a good source of fiber and vitamin B12.



1. Combine Marinade ingredients in small bowl. Cover and refrigerate  $\frac{1}{2}$  cup for sauce. 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. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 6 to 8 minutes (over medium heat on preheated gas grill, covered, 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Meanwhile, prepare noodles according to package directions; drain well.
4. Carve steaks into slices. Divide noodles among 4 large shallow bowls; top with equal amounts of lettuce, bean sprouts, carrots, green onions, cilantro and mint. Drizzle with reserved marinade. Arrange beef on top. Garnish with lime slices and cilantro or mint sprigs, if desired.

