

Bibimbap-Style Korean-Marinated Flank Steak

Translated to "mixed rice," this traditional dish features stir-fried strips of Flank Steak alongside veggies and brown rice.



INGREDIENTS

- 1 pound beef Flank Steak
- 2 tablespoons minced green onions
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon packed brown sugar
- 1 tablespoons sesame oil
- 2 teaspoons minced garlic
- 2 teaspoons minced fresh ginger
- Hot cooked brown rice
- Korean red chili sauce (Gochujang) (optional)
- Steamed broccoli florets, sautéed shitake mushrooms, shredded carrots, fresh bean sprouts

			
30 Min	4	42 Cal	28g
	Servings		Protein

COOKING

1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine Marinade ingredients in medium bowl. Add beef; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium-high heat until hot. Remove beef from marinade; discard marinade. Add half of beef to skillet; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet; keep warm. Repeat with remaining beef.
3. Serve beef over rice and vegetables, as desired. Serve with chili sauce, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		9g	66mg		31g	28g	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