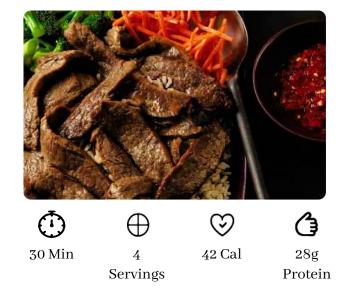


## Bibimbap-Style Korean-Marinated Flank Steak

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

## **INGREDIENTS**

- 1 pound beef Flank Steak



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## **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.
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## **NUTRITION**

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	our o	
0014 0120	Valutios	Totaliat	Ollolost	Journal	Total outb	Tiotom	GLUTEN Free	NATURAL
4		9g	66mg		31g	28g	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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