

Caribbean Jerk Tri-Tip Over Basil Lime Salad

Bring a taste of the islands to your tabletop. Nutrient-rich Tri-Tip Roast gets a bright, spicy marinade, then it's grilled and served with a flavor-packed veggie salad.

INGREDIENTS

1 beef Tri-Tip Roast (2 pounds)
6 to 7 green onions, white and green parts cut into 1-inch pieces
3 tablespoons fresh lime juice
3 tablespoons balsamic vinegar
2 tablespoons ground allspice
2 tablespoons Asian hot chili sauce or Sriracha sauce - Sriracha, a Vietnamese hot sauce made from sun-ripened chilies that are ground into a smooth paste and combined with vinegar, garlic and other seasonings, is often used in Asian recipes to impart a delicious, spicy heat. It's available in Asian markets and the Asian section of most supermarkets.
2 tablespoons soy sauce
1 tablespoon grated fresh ginger
1 tablespoon vegetable oil
1 teaspoon kosher or table salt
1/2 teaspoon black pepper
1/2 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
2 tablespoons light mayonnaise
1/4 cup sugar
1/4 cup fresh lime juice
2 tablespoons water
2 teaspoons grated fresh ginger
2 teaspoons Asian hot chili sauce or Sriracha sauce
2 teaspoons anchovy paste (optional) - Anchovy paste is a mixture of anchovies, vinegar and spices and is sold in tubes. It's available in Italian or other Mediterranean markets and some supermarkets.
1 package (10 ounces) romaine lettuce
1 medium cucumber, cut lengthwise in half, seeded, then cut crosswise into 1/4-inch thick slices
2 medium red bell peppers, cut into 1/4-inch strips



1.25
Hours



8
Servings



42 Cal



25g
Protein

- 1 medium red onion, cut into thin wedges
- 1 cup loosely packed fresh basil, chopped
- 1/2 cup loosely packed fresh mint, chopped
- 1/8 teaspoon kosher or table salt
- 1/8 teaspoon black pepper

COOKING

1. To prepare marinade, place green onions in food processor container. Cover; process 10 seconds or until chopped. Add remaining marinade ingredients. Cover; process 30 seconds or until smooth. Place beef roast and marinade in food-safe plastic bag; turn roast to coat. Close bag securely and marinate in refrigerator 30 minutes or as long as 2 hours.
2. Meanwhile prepare dressing. Place mayonnaise in small bowl; gradually whisk in remaining dressing ingredients until blended. Cover and refrigerate.
3. Combine salad ingredients in large bowl. Cover and refrigerate.
4. Remove roast from marinade; discard marinade. Place roast on grid over medium, ash-covered coals. Grill, covered, 25 to 35 minutes for medium rare to medium doneness, turning occasionally. Remove roast when instant-read thermometer, inserted into center of thickest part registers 140°F for medium rare; 155°F for medium. Let stand 10 minutes. (Temperature will continue to rise about 5°F to reach 145°F for medium rare; 160°F for medium.)
5. Add dressing to salad; toss lightly. Carve roast across the grain into thin slices. Serve with salad.

Recipe as seen in The Healthy Beef Cookbook, published by Houghton Mifflin Harcourt

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	<div>GLUTEN FREE</div>	<div>ALL NATURAL</div>
8		9g	60mg		24g	25g	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