

## Spicy Korean Beef & Cucumber Appetizers

Slices of cucumber are topped with beef Strip Steak, herbed cream cheese and a spicy Asian Sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



## INGREDIENTS

2 beef Strip Steaks Boneless, 1 inch thick (about 1 pound)

1/2 cup reduced-fat cream cheese, softened

1/4 cup sliced green onions

1/4 cup chopped fresh cilantro leaves

1 teaspoon reduced-sodium soy sauce

1 seedless cucumber, sliced 1/8 inch thick (18 to 24 slices)

1/4 cup Korean red chili sauce (Gochujang)

1/4 cup unseasoned rice vinegar

1 tablespoon honey

1/2 teaspoon garlic powder

Micro greens, chopped kimchi, chopped roasted peanuts, toasted sesame seeds, shredded carrots, chopped cilantro, sliced scallions



25 Min



10  
Servings



42 Cal



11.8g  
Protein

## COOKING

1. Combine cream cheese, green onion, cilantro and soy sauce in small bowl. Cover and refrigerate.
2. Combine gochujang, vinegar, honey and garlic powder in medium bowl; set aside.
3. Place steak on grid over medium, ash-covered coals. Grill, covered 11 to 14 minutes (over medium heat on preheated gas grill, covered, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm.
4. To assemble, top each cucumber slice with 1 teaspoon cream cheese mixture. Dice steak into bite-size pieces; toss in gochujang mixture. Top cream cheese mixture with steak. Garnish with micro greens, kimchi, peanuts, sesame seeds, cilantro and scallions, if desired.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
10		4.9g	37.4mg		7.7g	11.8g	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