

Beef Poke

Want to try the latest food craze? Poke is a traditional Hawaiian dish that has been updated with delicious beef Ribeye Filets.

INGREDIENTS

1 pound beef Ribeye Filet, 1/2 inch thick
 1/3 cup chopped green onion
 1/3 cup reduced-sodium soy sauce
 2 teaspoons toasted sesame oil
 1 teaspoon toasted sesame seeds
 1 teaspoon crushed red pepper
 1 teaspoon unseasoned rice vinegar
 1/4 cup crispy garlic
 1/4 cup chopped green onion
 Sliced watermelon radish, shredded pickled ginger, wasabi
 mayonnaise, shredded Napa or Savoy cabbage



15 Min



4

Servings



42 Cal



27g

Protein

COOKING

1. Place beef Ribeye Filets on grid over medium, ash-covered coals. Grill, covered, 7 to 10 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.

2. Meanwhile, combine onion, soy sauce, sesame oil, sesame seeds, red pepper and vinegar in large bowl. Cover and refrigerate.

3.

Cut filets into 1/2-inch cubes. Cover and refrigerate for 3 to 4 hours.

4. Add filet to soy mixture just before serving; toss gently to evenly coat. Drain steak from soy mixture; discard soy mixture. Garnish steak with garlic, onions, radish, ginger, mayonnaise and cabbage, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		10.6g	70mg		5.3g	27g	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