

Beef & California Roll & Salad

This colorful deconstructed salad was inspired by popular sushi rolls. Delicious grilled Strip Steaks mingle with wasabi cucumbers, ginger carrots and creamy avocado.

INGREDIENTS

3 beef Strip Steaks Boneless, cut 3/4 inch thick (about 8 ounces each)

1/3 cup hoisin sauce

1/4 cup pomegranate juice

2 tablespoons minced garlic

2 tablespoons minced fresh ginger

1 tablespoon sesame oil

1/2 teaspoon pepper

2 teaspoons wasabi paste

1 teaspoon pomegranate juice

1 English cucumber, thinly sliced

1 tablespoon mayonnaise

1-1/2 teaspoons minced fresh ginger

2 cups packaged matchstick carrots

1 tablespoon toasted sesame seeds

1 medium avocado, diced

1/2 cup fresh pomegranate seeds



40 Min



6

Servings



42 Cal



28g

Protein

COOKING

1. Combine Marinade ingredients in small bowl. Place beef Strip Steaks and marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.


2. Prepare Wasabi Cucumbers. Combine wasabi paste and pomegranate juice in medium bowl. Add cucumbers; toss to coat. Set aside; refrigerate until ready to serve.

3. Prepare Gingered Carrots. Combine mayonnaise and ginger in another medium bowl. Add carrots; toss to coat. Set aside; refrigerate until ready to serve.

4. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 7 to 10 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

5. Carve steaks into thin slices. Place cucumbers and carrots side by side on plate; top with beef. Top with avocado and pomegranate seeds; sprinkle with sesame seeds.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		14g	57mg		17g	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