


Beef Fajita Salad With Mango-Serrano Vinaigrette


After marinating, Top Sirloin Steak is grilled to perfection with mango and peppers before being added to this fresh, nutritious salad.


INGREDIENTS


- 1 beef Top Sirloin Steak boneless, cut 1 inch thick (about 1 pound)
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50 Min


4
Servings


42 Cal


29g
Protein

[illegible]

[illegible]

[illegible]

[illegible]

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3 medium mangos, peeled, cut in half - To peel and halve mangos, remove thin slice from one end so mango stands upright. Working from top to bottom, remove peel with sharp paring knife in thin strips. Cut down lengthwise along each side of flat pit to cut in half.

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2 medium poblano peppers

2 medium poblano peppers

2 medium poblano peppers

2 medium poblano peppers

[illegible]

1/2 teaspoon ground black pepper

[illegible]

[illegible]

1 large red onion (about 11 ounces), cut into 1/2-inch thick

[illegible]

[illegible]

[illegible]

[illegible]

1 large red onion (about 11 ounces), cut into 1/2-inch thick

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1 cup radishes, thinly sliced (about 1 bunch)

$$1 \leq i \leq n, \quad 1 \leq j \leq m, \quad 1 \leq k \leq p, \quad 1 \leq l \leq q, \quad 1 \leq r \leq s,$$

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4 mm red-brown, thick-lined (about 1 mm thick)

1 cup radishes, thinly sliced (about 1 bunch)

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1 cup radishes, thinly sliced (about 1 bunch)

[illegible]

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3 tablespoons water

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1 to 2 serrano peppers - For less heat, remove seeds from
serrano peppers.

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3 tablespoons olive oil

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5. Brush mangos lightly with oil. Place mangos and poblano peppers in center of grid over medium, ash-covered coals. Grill peppers, covered, 9 to 10 minutes (gas grill times remain the same) or until skins are completely blackened, turning occasionally. Grill mangos 8 to 14 minutes (gas grill times remain the same) or until very tender, turning occasionally. Place peppers in food-safe plastic bag; close bag. Let stand 15 minutes. Set mangos aside.

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123. Press black pepper evenly onto beef steak. Brush onion slices lightly with oil. Place steak in center of grid over medium, ash-covered coals; arrange onion slices around steak. Grill steak and onion, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) or until steak is medium rare (145°F) to medium (160°F) doneness and onion is tender, turning occasionally. Keep warm.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		16g	49mg		37g	29g	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