

Steak Strips And Zucchini Gnocchi

The simplicity of a quick stir-fry and the flavors of Italy! Gnocchi and steak strips join sautéed zucchini, sun-dried tomatoes and onions for this taste sensation.

INGREDIENTS

- 1 pound beef Chuck Arm Steaks, cut 3/4 inch thick
- 2 tablespoons olive oil, divided
- 1 package (16 ounces) shelf-stable gnocchi
- 1/4 teaspoon freshly ground black pepper
- 2 small zucchini, cut crosswise into thirds, then lengthwise into thin slices
- 1 small red onion, thinly sliced
- 3 tablespoons thinly sliced sun-dried tomatoes (oil-packed)
- 2 teaspoons minced garlic
- 1/8 to 1/4 teaspoon crushed red pepper
- 1/4 cup fresh basil, coarsely chopped
- 1 ounce ricotta salata, crumbled
- 4 teaspoons chopped toasted walnuts or pine nuts



35 Min



4
Servings



42 Cal



38g
Protein

COOKING

1. Cut beef Chuck Arm Steaks lengthwise in half, then crosswise into 1/4-inch thick strips. Set aside.
2. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat. Add gnocchi; cook 4 to 8 minutes, stirring frequently to brown evenly. Remove from skillet; keep warm.
3. Heat 1 teaspoon oil in same skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 3 minutes or until internal temperature of 145°F as measured by a meat thermometer. Remove from skillet. Repeat with 1 teaspoon oil and remaining beef. Season with black pepper and salt, as desired; keep warm.
4. Heat remaining 1 teaspoon oil in same skillet over medium-high heat until hot. Add zucchini, onion, sun-dried tomatoes, garlic and red pepper; stir-fry 4 to 5 minutes or until vegetables are crisp-tender. Stir in gnocchi, beef and basil; cook and stir about 1 minute to heat through. Season with salt and black pepper, as desired.
5. Divide beef mixture evenly among 4 individual bowls. Sprinkle each with cheese and walnuts before serving.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		16g	65mg		4g	38g	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