

Shitake Beef & Snow Pea Salad Bowl



Sirve:

6 servings

Pieza:

12" Chef's Gourmet Skillet
medium mixing bowl

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

A little meat can go a long way in this easy to prepare weeknight meal, packed with nutrient dense seasonal vegetables. Store bough shitake sesame vinaigrette makes a good marinade for the beef, adding layers of flavor.

Use the 12 in. Electric Oil Core Skillet cover with your 12 in. Chef's Gourmet Skillet.

12 ounces
beef sirloin steak, trimmed of excess fat and cut into bite sized strips
(340 g)

2 tablespoons
Shitake sesame vinaigrette
(30 ml)

$\frac{1}{2}$ cup
red onions, thinly sliced
(58 g)

10 ounces
frozen Shitake mushrooms, chopped
(283 g)

10 ounces
fresh snow peas, trimmed, rinsed and drained
(283 g)

2 scallions, thinly sliced, white and green parts
 $\frac{1}{2}$ teaspoon
natural salt

(3 g)
 $\frac{1}{2}$ teaspoon

fresh ground pepper
(1
g)
8 cups
mixed baby greens
(240
g)
additional salad dressing to drizzle over served salads (optional)

Preparación :

1. Place trimmed and cut beef in a bowl and pour vinaigrette over it. Toss to combine and set aside.
2. Preheat skillet over medium heat. When several drops of water sprinkled in skillet skitter and dissipate, approximately 7 - 9 minutes, add red onions. Sauté for 3 - 4 minutes until slightly wilted.
3. Add meat and sauté for 3 - 4 minutes until beef is slightly pink.
4. Remove beef and onions from skillet and set aside.
5. Reheat skillet over medium heat for 2 - 3 minutes. Add shitake mushrooms and sauté for 3 - 4 minutes. Mushrooms will release a lot of liquid and then start to brown.
6. Add snap peas and toss to combine. Sauté for 2 - 3 minutes until bright green and still crispy.
7. Add reserved beef and onions, toss to combine and season with salt and pepper.
8. Divide salad greens into individual plates. Top salad greens with a portion of beef and snow pea sauté. Garnish salad with minced scallions and a drizzle of additional vinaigrette.

Consejos:

- Look for prepared salad dressings that use good quality fats; organic oils or expeller pressed.
- Substitute dressing for a sesame-ginger style vinaigrette.
- Substitute frozen Shitake mushrooms for mixed frozen mushrooms.
- Substitute snow peas for other seasonal vegetable favorites, such as broccoli or asparagus.

Información nutricional por ración

Based on 6 servings

Calorías: 180

Grasa Total: 10g

Grasa 3g

Saturada:

Colesterol: 39mg

Sodio: 297mg

Carbohidratos: 10g

Fibra 4g

Dietética:

Azúcar: 3g

Proteína: 15g