



Flank Steak with Hot Peanut Sauce

1/3 cup chopped green onions
1/3 cup low-sodium soy sauce
1 tablespoon brown sugar
1 tablespoon minced peeled fresh ginger
1 tablespoon fresh lime juice
2 teaspoons sesame oil
1 teaspoon crushed red pepper
2 garlic cloves, minced
1 (1-pound) flank steak, trimmed and cut diagonally into thin slices
1/2 cup water
1 tablespoon crunchy peanut butter
1 teaspoon cornstarch

Preparation

1. Combine first 8 ingredients in a small bowl, stirring with a whisk. Place steak and 1/4 cup onion mixture in a large zip-top plastic bag; seal. Marinate in refrigerator at least 2 hours or overnight, turning bag occasionally.
2. Combine remaining 1/4 cup marinade, 1/2 cup water, peanut butter, and cornstarch in a small saucepan. Bring to a simmer; cook 1 minute, stirring frequently. Remove from heat; keep warm.
3. Remove steak from bag, discarding marinade. Heat your barbeque or a large nonstick skillet over medium-high heat. Cook beef 2 minutes on each side or until desired degree of doneness. Serve with sauce.

Yields 4 servings (serving size: 3 ounces steak and about 1/4 cup sauce).

Nutritional Information

CALORIES 212(38% from fat); FAT 9g (sat 2.9g,mono 3.7g,poly 1.4g); IRON 2mg;
CHOLESTEROL 37mg; CALCIUM 29mg; CARBOHYDRATE 6.4g; SODIUM 549mg; PROTEIN
25.8g; FIBER 0.7g

The Mitchell Katz Winery 2005 Petite Sirah from Livermore Valley is wonderful with this steak.
Enjoy!

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