Asian Beef And Noodle Salad

Top Round Steak slices take a quick dip in a marinade made with Asian vinaigrette and hoisin sauce before joining whole wheat noodles, snap peas and carrots.

35 Min | 4 Servings | 42 Cal | 37g Protein

INGREDIENTS

1 pound beef Top Round Steak, cut 1 inch thick

8 ounces uncooked whole wheat thin spaghetti

8 ounces sugar snap peas

2 cups shredded carrots

Salt and pepper

2 tablespoons toasted sesame seeds (optional)

1/2 cup prepared light Asian vinaigrette

1/3 cup hoisin sauce

COOKING

1. Cut beef steak lengthwise in half, then crosswise into 1/4 to 1/8-inch thick strips. Combine marinade ingredients in small bowl. Place beef and 1/4 cup marinade in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours. Cover and reserve remaining marinade in refrigerator.

2. Cook pasta according to package directions, adding peas and carrots during last 1 to 2 minutes and cooking until vegetables are crisp-tender. Drain; place pasta and vegetables in large serving bowl. Set aside.

3. Meanwhile remove steak from marinade; discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Repeat with remaining beef. Season with salt and pepper, as desired.

4. Add beef with juices and reserved marinade to pasta and vegetables; toss to combine. Sprinkle with sesame seeds, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		12g	50mg		68g	37g	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

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