

Asian Bbq Steak

Wow your friends with the flavors of fresh ginger, orange and hoisin sauce in this Asian barbecue-inspired beef steak.

INGREDIENTS

1 beef Top Round Steak, cut 3/4 inch thick (about 1 pound)

Salt and pepper

Sliced green onions (optional)

1/2 cup ketchup

1/4 cup hoisin sauce

1/4 cup orange juice

2 teaspoons minced fresh ginger



20 Min



4

Servings



42 Cal



28g

Protein

COOKING

1. Combine marinade ingredients in small bowl. Remove and refrigerate 1/2 cup for sauce. Place beef Top Round Steak and remaining marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)

3. Meanwhile pour reserved marinade into small microwave-safe dish; cover with vented plastic wrap. Microwave on HIGH 1 to 1-1/2 minutes or until heated through, stirring every 30 seconds. Carve steak into thin slices; season with salt and pepper, as desired. Serve with sauce and green onions, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		5g	62mg		12g	28g	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