

# Orange Teriyaki Steak Salad

Recipe By *Susie Fishbein*



Cooking and Prep:  40  
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Serves:  8

Contains:     

Preference: Meat

Difficulty: Medium

Occasion: Purim

Diet: Low Carb

Source: Whisk by Ami

Magazine

## Ingredients (17)

### Steak Ingredients

- 1 and 1/2 pounds shoulder London broil or minute steak fillet
- Tuscanini Fine Sea Salt
- freshly ground Gefen Black Pepper
- Glicks Nonstick Cooking Spray

### Salad

- 2 large or 3 small heads romaine lettuce
- 1/2 cup shredded carrots
- 2 scallions, roots trimmed, thinly sliced on diagonal
- leaves from 5 sprigs fresh cilantro, chopped
- leaves from 2 sprigs fresh mint (8-10 leaves), chopped
- 2 (11-ounce) cans mandarin oranges, drained
- 1/2 navel orange

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### Dressing

- 6 tablespoons **Gefen Light Mayonnaise**
- 2 tablespoons teriyaki sauce (I like Kikkoman brand)
- 1/2 teaspoon ground ginger or 6 cubes **Dorot Gardens Frozen Ginger**
- 1/2 teaspoon lime juice
- 1/4 teaspoon roasted or toasted sesame oil

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### Garnish

- 1-2 cups thin Chinese chow mein or rice noodles (I like La Choy brand)
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## Start Cooking

### Prepare the Steak

1. Season the steak with salt and pepper on both sides.
2. Spray a large skillet or grill pan with nonstick cooking spray. Heat over medium until hot but not smoking. Sear the steak, cooking 6-10 minutes per side, depending on thickness; the shoulder London broil will be thicker than the minute steak fillet.
3. Allow to rest for 10 minutes, and then slice thinly on the diagonal.

### Prepare the Salad

1. Separate the romaine lettuce leaves. Stack the leaves and chop into bite-sized pieces, to

make about 12 cups chopped. Place into large bowl.

2. Add the carrot, scallion, cilantro, mint, and mandarin oranges. Toss the steak slices into the salad.
3. Squeeze the orange half over the salad.

### **Prepare the Dressing**

1. In a small bowl, whisk the mayonnaise, teriyaki, ginger, lime juice, and sesame oil. Drizzle over the salad and toss to coat the steak and vegetables well.
2. Garnish with the noodles.