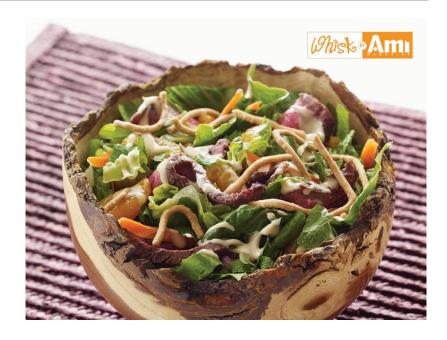


Orange Teriyaki Steak Salad

Recipe By Susie Fishbein



Cooking and Prep: (7) 40

Serves: $\stackrel{\square}{\leftarrow}$ 8

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

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.