

# BEEF AND BRUSSEL SPROUT SKILLET



## SERVING SIZE

2



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Reduced-sodium Soy Sauce	2 Tbsp.	Whites Chopped, Greens Sliced	2
Vinegar	1 Tbsp.	Cloves, Sliced	2
Oil	1 Tbsp.	Chopped Peeled Ginger	1 Tbsp.
Brussels Sprouts, Halved	4 Cups	Fresno Chile or Jalapeño, Sliced	1
Flank or Skirt Steak, Thinly Sliced Against the Grain	8 Oz	Into Rings	
Salt	To Taste		



## PREPARATION

- 👉 In a small bowl, mix the soy sauce and vinegar.
- 👉 Place the thinly sliced steak in a separate bowl and pour half of the soy sauce mixture over it. Toss to coat the steak and let it marinate for about 15-20 minutes.
- 👉 Wash the Brussels sprouts and halve them. If they are particularly large, you can quarter them.
- 👉 Heat half of the oil in a large skillet over medium-high heat. Add the Brussels sprouts and season with a pinch of kosher salt.
- 👉 Cook, stirring occasionally, until they are browned and tender, about 8-10 minutes. Remove them from the skillet and set aside.
- 👉 In the same skillet, heat the remaining oil. Add the marinated steak.
- 👉 Cook the steak until browned and cooked to your desired level of doneness, about 2-3 minutes per side for medium-rare. Remove the steak from the skillet and set aside.
- 👉 In the same skillet, add the chopped scallion whites, sliced garlic, chopped ginger, and slices of Fresno chile or jalapeño. Sauté for about a minute or until fragrant.
- 👉 Return the Brussels sprouts and steak to the skillet. Pour in the remaining soy sauce mixture. Cook everything together for another 2-3 minutes, stirring occasionally.
- 👉 Serve and Enjoy!