

Sirloin with Sugar Snap Pea & Pasta Salad

Total recipe time: 60 minutes

Makes 4 servings

Ingredients

1 boneless beef top sirloin steak, cut 3/4 inch thick (about 1 pound)
2 cups fresh sugar snap peas
2 cups cooked gemelli or corkscrew pasta
1 cup grape or teardrop tomatoes, cut in halves
3 cloves garlic, minced
1 teaspoon black pepper
Freshly grated lemon peel
Chopped fresh parsley (optional)



Gremolata Dressing:

1/4 cup fresh lemon juice
2 tablespoons olive oil
2 tablespoons chopped fresh parsley
2 cloves garlic, minced
2 teaspoons freshly grated lemon peel
1/4 teaspoon salt
1/8 teaspoon black pepper

Instructions

1. Bring water to boil in large saucepan. Add peas; cook 2 to 3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, pasta and tomatoes in large bowl. Set aside.
2. Whisk Gremolata Dressing ingredients in small bowl until well blended. Toss 2 tablespoons dressing with pasta mixture. Set aside.
3. Combine 3 cloves minced garlic and 1 teaspoon pepper; press evenly onto beef steak. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 9 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
4. Carve steak into thin slices; season with salt, as desired. Add steak slices and remaining dressing to pasta mixture; toss to coat evenly. Garnish with lemon peel and parsley, if desired.

Recipe as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons

Nutritional Information Per Serving

Nutrition information per serving: 369 calories; 12 g fat (3 g saturated fat; 7 g monounsaturated fat); 5 mg cholesterol; 216 mg sodium; 31 g carbohydrate; 4.2 g fiber; 32 g protein; 1 mg niacin; 0.7 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 4.4 mg iron; 46.5 mcg selenium; 5.3 mg zinc.

This recipe is an excellent source of protein, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.



Funded by The Beef Checkoff