



Featuring
Chef Darryl Crumb

Eat Like An Athlete

Presented By Manitoba Beef Producers

Warm Orange Beef Salad

Here's a recipe for an incredible salad. This is a nice and light meal that still contains all the nutrients an active body needs. Experience Asian flavours at home with little effort and time.

Top sirloin is a lean cut of beef and turns this salad into a satisfying meal.

- 1 tbsp (15 mL) canola oil
- 1 cup (250 mL) sliced mushrooms
- ½ cup (125 mL) EACH julienned carrot, thinly sliced sweet red or yellow pepper and red onion
- 1 lb (500 g) Beef Top Sirloin Grilling Steak, sliced into thin strips
- Dried chili pepper flakes (optional)

Sauce:

- 1 tsp (5 mL) grated orange rind
- 2 tbsp (30 mL) EACH sodium reduced soy sauce and rice vinegar
- 1 tsp (15 mL) EACH minced ginger root and liquid honey
- 2 tsp (10 mL) cornstarch
- 1 tsp (5 mL) EACH sesame oil and Asian chili sauce
- ¼ cup (50 mL) orange juice
- 2 cloves garlic, minced

Sauce: Whisk together orange rind, orange juice, soy sauce, vinegar, ginger root, honey, cornstarch, garlic, sesame oil and chili sauce in small bowl; set aside.

Heat canola oil in large skillet or wok over high heat. Stir-fry beef for 3 to 4 minutes or until brown; transfer to a bowl. Add mushrooms, carrot, peppers, onion and 1-1/2 tbsp (22 mL) water to pan and bring to boil; reduce heat, cover and cook for 2 minutes or until tender-crisp.

Return beef and any juices to pan. Stir in reserved sauce mixture and return to boil; cook, stirring for 1 to 2 minutes or until thickened. Sprinkle with chili pepper flakes (if using). Spoon over individual servings of baby lettuce.



Recipe Summary

Difficulty: Intermediate **Makes:** 5 servings

Nutritional Information

Per Serving (208 Calories, 22 g protein, 7 g fat, 14 g carbohydrate, 2 g fibre, 324 mg sodium. Good source of iron (20% DV) and excellent source of zinc (76% DV))

[Recipe Courtesy of Canada Beef](#)

Zinc... For All That You Are

Zinc is a part of every cell in your body; it's essential for optimal growth and development, strong immune systems, better brains and healthy pregnancies. Enjoying zinc-rich foods, like Canadian beef, can help your body be the best it can be!

One of the best ways to make sure you are getting enough zinc is to enjoy 2-3 servings of Meat and Alternatives each day. That's because zinc, although found in many foods, is best absorbed from animal sources, like Canadian beef, poultry or fish.



If You Can't Play Like An Athlete You Can Still Eat Like One!

