

# ***Eat Like An Athlete***

Presented By Manitoba Beef Producers

## **Weeknight Beef Steak & Garlic Smashed Potatoes**

### **Ingredients**

¾ cup (175 mL) soy sauce                      ¼ cup (50 mL) packed brown sugar  
1 garlic clove, minced                      1 tbsp (15 mL) minced fresh ginger root  
1 ½ lb (750 g) Beef Grilling Steak or Medallions (e.g. Rib Eye, Top Sirloin or Strip Loin), 1-inch (2.5 cm) thick

Garlic Smashed Potatoes (recipe follows)

### **Directions**

- Combine soy sauce, sugar, garlic and ginger root in large sealable freezer bag. Pierce steak all over with fork; add to bag and marinate for 15 minutes.
- Discard marinade. Pat steak dry with paper towelling. Grill or broil using medium-high heat for 12 to 14 minutes, turning at least twice, for medium doneness 145°F(63°C).
- Let stand for 5 minutes; slice thinly across the grain to serve.

**Garlic Smashed Potatoes:** Boil scrubbed 3-inch (7.5 cm) new potatoes until just tender. Drain and cool slightly. Flatten each potato slightly with your hand, keeping potatoes intact. Brush generously with your favourite salad dressing and season with some minced garlic, salt and pepper. Grill about 3 minutes per side, until crispy and browned.



[Recipe Courtesy of Canada Beef](#)

Prep: 5 mins Cook: 15 mins Yields: 6 Servings

### **Nutrition Facts**

Calories 200 - Protein 24 g - Total Fat 11 g - Total Carbohydrates 1 g



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

