



Featuring  
Chef Jesse Friesen of  
DT Kitchen and Oyster Bar

# Eat Like An Athlete

Presented By Manitoba Beef Producers

## Beef "Lollipops" with Cantaloupe Salad



Featuring  
Troy Westood  
of TSN 1290 Radio

This fantastic recipe is great for anyone seeking a light and satisfying snack before a workout or game. Like all meals featuring beef it's packed with the nutrients active bodies need and pairs great with the greens and veggies. Even better, it's a perfect recipe if you want to fire up the grill!

### Ingredients

- ½ cup EACH vegetable oil, teriyaki sauce and minced onion
- Grated orange zest and juice of 1 large orange
- 2 tsp EACH Asian chili sauce, sesame oil and minced clove garlic and gingerroot
- 1 ½ lb (750 g) Beef Flank or Inside Skirt Marinating Steak
- 4 cups mixed salad greens
- 4 cups Salad ingredients: sliced cucumber, cantaloupe chunks, diced sweet red pepper, slivers onion, etc
- Citrus Salad Dressing (recipe follows)

### Directions

- Combine vegetable oil, teriyaki sauce, onion, orange zest and juice, chili sauce, garlic, gingerroot, and sesame oil in large dish or sealable freezer bag. Remove 1 cup of the marinade and set aside to use in Citrus Salad Dressing.
- Pierce steak all over with a fork; add to dish or bag. Cover or seal and refrigerate for 4 or up to 12 hours. Discard marinade; pat steak dry with paper towel and season lightly with salt and pepper on both sides. Slice steak across the grain into 1-inch long strips. Roll up each strip into a pinwheel shape and thread onto metal or soaked wooden skewers to make lollipops. (NOTE: you can thread several 'lollies' onto each stick like you would kabob cubes.)
- Place lollipops on well oiled grill that is preheated to 400°F and cook for 3 to 5 minutes per side. Cover loosely with foil and let rest 5 minutes.
- Meanwhile, make Citrus Salad Dressing (recipe follows). Toss with salad greens and other salad ingredients and serve with Lollipops as an appetizer or main course.



Serve with the suggested salad or just serve as beef bites with the reserved dressing as a dipping sauce. If you want more of an orange flavour in the dressing, try adding a teaspoon or so of orange juice concentrate (undiluted). **OPTION:** If you would rather just serve slivers of cooked steak with the salad, you can skip making the lollipops and cook steak whole, carving it across the grain to serve.

Prep: 20 mins  
Cook: 15 mins  
Yields: 6 servings



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

[Recipe courtesy of Canada Beef](#)

