

Nick Ranch

Grass Fed From Start to Finish
Healthier For You And Your Family

Nick Ranch LLC Wholesale Grass Fed Beef 13580 Avenales Ranch Road Santa Margarita, Ca 93453 805-438-4875 1-800-745-0056

Meat & Potatoes with an Asian Twist

This is an entire meal and it's very easy to prepare. It takes about an hour and ten minutes total.

Assemble all ingredients before starting. Prep your vegetables & start the rest of the meal while

the meat is marinating.

Mix the next 5 ingredients in a zip top bag to marinate the steak.

¼ cup Tamari Sauce

¼ cup Peanut Oil

2 T. Grill Seasoning

2 Limes, zest and juice

1-2 T. Fresh Ginger, minced

2# Nick Ranch Grass Fed Sirloin Tip Steak (also works well with Flank Steak)

Add steak to bag. Seal bag well & shake to coat the steak. Marinate for at least one hour (room temp okay for an hour) and up to four hours (in refrigerator for over an hour)

Bring steak to room temperature for 30 min. Heat cast iron skillet or grill to medium high. Cook 3-4 minutes per side for medium. Rest the steak under foil for about 5 minutes while you stir fry green beans, then slice steak on the diagonal and serve.

Wasabi Mashed Potatoes

Yukon Gold or White Rose Potatoes-(figure 1 ½ potato/person).

Wash, quarter & boil until fork tender

Mash with ¼ cup heavy cream, 1 T. Wasabi Paste, 1-2 T. Butter and salt to taste.

Keep warm over a pan of hot water.

Sesame Green Beans

TIP-Have all of your vegetables sliced ahead so that this goes together quickly while your steak rests.

12 oz. Bag Tiny or Petite Green Beans, defrosted

1 Red Bell Pepper, Sliced

1 Green Onion, sliced on the diagonal

½ cup Cilantro, chopped

2 T. Sesame Seeds, toasted

Sesame Oil

Heat oil in fry pan or wok over high heat. Stir fry green beans and bell peppers until done to your liking. Add sesame seeds. Toss. Garnish with onion and cilantro.