



BROCCOLINI® baby broccoli & Beef Samurai Sticks

Servings

6

Calories

190

Prep Time

1 hr 15 minutes

Total Time

1hr 30minutes

Skill Level

Medium

Ingredients

2 bunches Mann's BROCCOLINI® baby broccoli
(about 15-18 stalks)

12 ounces prime top sirloin

¼ cup sesame seeds

salt & pepper to taste

Marinade

6 tablespoons soy sauce

4 tablespoons rice wine or sake

2 tablespoons minced garlic

2 teaspoons dried chili flakes or hot chili paste

2 tablespoons virgin olive oil



The Method

Mix marinade ingredients in bowl. Set aside. Thinly slice the top sirloin into ⅛" thin filets, pound out to tenderize. Add top sirloin strips to marinade and refrigerate for 1 hour.

Trim the stalk ends of the BROCCOLINI® baby broccoli, and blanch in slightly salted water to set color for about 15 seconds. Do not overcook. Drop in ice water, cool completely, and then drain well. Arrange in one layer, on a tray lined with paper towels.

Place four stalks of BROCCOLINI® baby broccoli together, flowering on opposite ends. Wrap stalks with top sirloin slices, leaving the floret ends exposed. Set aside. Continue until all is wrapped. Sprinkle with salt and pepper. Place on a medium hot grill/char-broiler and cook both sides until top sirloin is medium rare. Then place on cutting board and slice in half. Sprinkle with sesame seeds. Serve with extra marinade as dipping sauce.



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Nutrition Facts

Servings: 136g | Servings: 6

Amount Per Serving

Calories 190 | Total Fat 10g (sat fat 1.5g trans 0g | Cholesterol 20mg | Sodium 1370mg | Total Carbohydrate 8g | Dietary Fiber 1g
Sugars 3g | Protein 16g | Vitamin A 25% | Vitamin C 90% | Iron 10% | Calcium 8%