Name: Erica Crisco

Cut: Flank Steak

Recipe: Korean Beef and Quinoa Bowl

Feeds 6

Marinade Sauce

3/4 c low sodium soy sauce

1/4 c blackstrap molasses

2 tbsp gochujang

1 inch grated ginger

3 cloves minced garlic

2 tsp sesame oil

For cooking

24 oz thinly sliced flank steak, marinated

2 tbsp sesame oil

3 sliced bell peppers (any color)

6 chopped green onions

1 c quinoa

2 c water

1/4 tsp salt

1. 1. Ahead of time: Mix together the soy sauce, honey, gochujang, ginger, garlic and sesame oil for marinade. Slice flank steak thinly, against the grain, and marinate for up 24 hours.
2. 2. Rinse quinoa in sieve for 30 seconds until water runs clear. Combine with 2 cups water in medium saucepan. Bring to boil over medium heat, then reduce heat to medium low and let simmer uncovered until water is gone. Approximately 15 minutes. Then remove from heat and cover with lid.
	1. 3. While quinoa is simmering: Add 1 tbsp oil to large skillet over high heat. When hot, add the peppers and cook 5 minutes. Remove from skillet to a container.
3. 4. Return the skillet to high heat and add another tablespoon of oil. Remove steak from marinade and add to skillet, wait 2-3 minutes, stir, and let cook for another 2-3 minutes. Pour in the marinade sauce and bring to a boil, reduce the heat to medium and cook until the sauce thickens and begins to coat the steak, about 5 minutes.  Add the peppers and 5 green onions, cook 1 minute and then remove from the heat.
4. 5. Remove lid from quinoa, fluff with fork and stir in salt. Divide the quinoa among bowls and spoon the beef and peppers overtop. Top with green onions. Eat!