



SERVING SIZE: 4 | PREP TIME: 20 MINUTES | COOK TIME: 40 MINUTES

Ginger Beef Power Bowl

Fresh, filling and completely customizable, this bowl is filled with savory ginger beef, veggies, quinoa and tons of Asian-inspired flavor.

INGREDIENTS:

Ginger Beef

- 1 ½ lb *Open Prairie*® Natural® Angus Beef sirloin steak (about ½-inch thick)
- ¼ c soy sauce
- 4 tsp minced ginger
- 1 Tbsp sesame oil
- 1 Tbsp brown sugar
- 1 Tbsp rice wine vinegar
- ½ tsp freshly ground pepper
- 2 Tbsp vegetable oil
- 4 green onions, cut into 1-inch pieces

INGREDIENTS:

Power Bowl

- ½ c rice wine vinegar
- 1 Tbsp granulated sugar
- ½ tsp salt
- 1 ½ large carrots, cut into matchsticks
- 1 red pepper, thinly sliced
- 6 c cooked quinoa
- 1 bunch asparagus (about 1 lb), cut into 2-inch pieces and steamed
- 1 ¼ c bean sprouts
- 1 Tbsp toasted sesame seeds
- Asian-style hot sauce (optional)

DIRECTIONS:

1. Thinly slice beef.
2. Combine soy sauce, ginger, sesame oil, brown sugar, rice wine vinegar and pepper and toss with beef. Refrigerate for 1 hour.
3. Drain beef, reserving marinade.
4. In wok or large skillet, heat oil over high heat.
5. Stir-fry half of the beef for 2 minutes or until medium-rare.
6. Transfer to plate and reserve. Repeat with remaining beef.
7. Return reserved beef to wok along with green onions; stir-fry for 1 minute.
8. Add 1 tablespoon of the reserved marinade; bring to boil. Turn off heat.
9. **For Power Bowl:** Meanwhile, stir together rice wine vinegar, sugar and salt.
10. Toss with carrots and peppers. Refrigerate for at least 1 hour or up to 2 days.
11. Divide quinoa among 4 bowls; top with beef, drained pickled carrots and peppers, asparagus and bean sprouts.
12. Garnish with sesame seeds. Serve with pan sauce and hot sauce if desired.

TIP:

- Substitute brown rice or your favourite grain for quinoa. Top with a soft-cooked egg if desired.

SERVINGS: 1 | CALORIES: 810 | TOTAL FAT: 30g | SODIUM: 1310mg | TOTAL CARBOHYDRATE: 80g | PROTEIN: 55g

*Minimally processed. No artificial ingredients.

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