

## **Korean Sesame Flank Steak**

*Brought to you by Christopher Aquilino, Culinary Specialist Earth*

Our Montana Ranch flank steak, marinated with a special mix of tamari (soy sauce), ginger, sesame, 5-spice and garlic. Easy, flavorful, and of course, all natural.

### **Ingredients**

Beef strips, tri-colored peppers, onions, tomatoes, tamari (soy sauce), garlic, sesame oil, hoi sin sauce, sesame seeds, salt and pepper.

1. In a mixing bowl, combine 1 \_ Tablespoons sesame oil, 1 Tablespoon soy sauce, 3 Tablespoons hoi sin sauce, \_ Tablespoon ground ginger with 1 Tablespoon of minced garlic. Sale and pepper to taste.
2. Add \_ cup tri-colored peppers to the sauce mixture then add \_ cup of tomatoes, 1 Tablespoon sesame seeds and then 1/3 cup sliced onions.
3. Lastly, add \_ pound of the flank steak. Mix thoroughly.
4. Secure the lid of the container tightly and move on to the *Gourmet 2 Go* next entrée!

### **Cooking Instructions**

Thaw completely in refrigerator (2-3 days). Pour pepper steak into a saucepan, cook on medium for 20-25 minutes or until steak is fully cooked. Stir thoroughly.

***SLOW COOKER:*** Pour pepper steak into your slow cooker and mix thoroughly. Cook on high 4-5 hours or low 8-10 hours.

### **Serving Suggestions**

Serve over rice beside mixed roasted vegetables with *Flying Tomato Merlot*

**ALLERGY INFORMATION: WHEAT, SOY SAUCE, SESAME SEEDS**