

## Grilled Flank Steak Salad with Ginger-Wasabi Dressing

HANDS-ON TIME: 40 min

TOTAL TIME: 40 MIN; SERVES

4: 3 oz steak & 2 1/3 cups  
salad each

### Ingredients:

- 1 1/4 cups water
- 3/4 cup quinoa
- 3 scallions, chopped
- 3 Tbsp coarsely chopped fresh ginger
- 3 Tbsp rice vinegar
- 2 Tbsp lime juice
- 2 Tbsp canola oil
- 2 Tbsp reduced-sodium tamari
- 1 Tbsp honey
- 2 tsp wasabi powder
- 1/2 tsp kosher salt, divided
- 1 lb flank steak, trimmed
- 1/4 tsp ground pepper
- 1 5-oz package baby spinach, baby kale or arugula
- 2 cups shredded carrots
- 2 cups coleslaw mix or shredded cabbage



### Instructions:

1. Rinse quinoa well and drain. Combine water and quinoa in a medium saucepan. Bring to a boil. Cover, reduce heat and simmer for 10 minutes. Remove from heat and let stand, covered, for 5 minutes. Transfer to a large bowl.
2. Preheat grill to medium-high.
3. Meanwhile, combine scallions, ginger, rice vinegar, lime juice, oil, tamari, honey, wasabi powder and 1/4 tsp salt. Oil the grill rack. Grill the steak, turning once, 4 to 6 minutes per side for medium. Transfer to a clean cutting board to rest for 5 minutes. Thinly slice against the grain.
4. Toss spinach (or kale or arugula), carrots, coleslaw mix (or cabbage) and 1/2 cup of the dressing with the quinoa. Divide the salad among 4 large bowls, top with the steak and drizzle each serving with 1 Tbsp of the remaining dressing.

CAL 411 | FAT 16G (SAT, 3G) | CHOLESTEROL 70MG | CARBS 36G | SUGARS 10G |  
PROTEIN 32G | FIBER 6G | SODIUM 631MG | POTASSIUM 1,062MG

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