

Sirloin with Sugar Snap Pea and Pasta



KEY MESSAGES

Many of our favorite beef cuts, like the Sirloin Steak used in this recipe, are lean as defined by the USDA¹. Other cuts like Tenderloin, Strip Steak, and 93% Lean Ground Beef are as well!

This recipe is a great combination of simple, fresh and flavor-packed ingredients sure to satisfy your taste buds and your appetite.

Everyone likes customization; this recipe provides the perfect opportunity to switch things up and use ingredients you love (or those you have in the pantry when you don't have time to go to the store!).

Demo Check List

GROCERY LIST

- 1 beef Top Sirloin Steak Boneless, cut ¾ inch thick (about 1 lb.)
- 2 cups fresh sugar snap peas
- 2 cups cooked gemelli or corkscrew pasta
- 1 cup grape tomatoes
- 5 tsp. minced garlic
- 1 lemon
- Olive oil
- Black pepper
- Salt
- Parsley

EQUIPMENT LIST

Use the provided equipment lists with each recipe as a planning tool.

- 2 large cutting boards
- 1 carving knife
- 1 large saucepan
- 1 broiler pan or tabletop electric grill
- 1 colander with plate
- 1 small whisk
- 1 grater/zester
- 1 spoon
- 2 pairs of tongs
- 1 meat thermometer
- 1 white plate
- 8 tiny clear glass bowls
- 2 small clear glass bowls
- 2 medium clear glass bowls
- 1 white hero salad bowl or plate

 60 MINUTES

 MAKES 4 SERVINGS

 15 INGREDIENTS

Nutrition information per serving: 369 Calories; 108 Calories from fat; 12g Total Fat (3 g Saturated Fat; 7 g Monounsaturated Fat); 5 mg Cholesterol; 216 mg Sodium; 31 g Total Carbohydrate; 4.2 g Dietary Fiber; 32 g Protein; 4.4 mg Iron; 1 mg Niacin; 0.7 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 5.3 mg Zinc; 46.5 mcg Selenium.

This recipe is an excellent source of Protein, Iron, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium. It is a good source of Dietary Fiber.

Recipe adapted from *The Healthy Beef Cookbook*, published by Houghton Mifflin Harcourt.

SIRLOIN WITH SUGAR SNAP PEA AND PASTA SALAD

Ingredients

1 beef **Top Sirloin Steak** Boneless, cut ¾ inch thick (about 1 lb.)

2 cups **fresh sugar snap peas**

2 cups **gemelli or corkscrew pasta**, cooked

1 cup **grape tomatoes**, halved

3 tsp. minced **garlic**

1 tsp. **black pepper**

Freshly grated **lemon peel**

Chopped **fresh parsley** (optional)

DRESSING:

¼ cup fresh **lemon juice**

2 Tbsp. **olive oil**

2 Tbsp. chopped **fresh parsley**

2 tsp. minced **garlic**

2 tsp. freshly grated **lemon peel**

¼ tsp. **salt**

⅛ tsp. **black pepper**

Introduction

Eating a variety of colors, textures and temperatures will help keep your palate satisfied. This Sirloin and Sugar Snap Pea Pasta Salad provides just that in a nutritious package.

The salad can easily be adjusted to meet your family's tastes. Cucumbers, olives, sun-dried tomatoes, carrots and peppers would all be tasty additions.

The nutrients in beef help your body turn food into energy, your brain to work properly, and your immune system fight illness and infection.²⁻⁶ Talk about nutritious and delicious!

DEMONSTRATION

① **Bring water to boil in large saucepan. Add peas; cook 2-3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, pasta and tomatoes in a large bowl. Set aside.**

- Substitute your favorite pasta for the corkscrew shape in this recipe. Shells, elbow, or orecchiette would work great as well!
- To increase the amount of fiber and micronutrients in this dish, use whole grain pasta, which contains all parts of the wheat kernel. Refined grain pasta (the regular type) is made from just the germ of the wheat.
- If you love colorful foods, add in some red or orange bell peppers while cooking the peas. It'll brighten up your salad and provide some extra flavor, too.

SIRLOIN WITH SUGAR SNAP PEA AND PASTA SALAD

② **Whisk dressing ingredients in a small bowl until well blended. Toss 2 Tbsp. dressing with pasta mixture. Set aside.**

- Store-bought dressing could be used in place of the homemade dressing. Look for a light vinaigrette or Italian-style dressing. Be sure to check out the nutrition label if you are trying to limit your sodium or fat intake.

③ **Combine 3 cloves minced garlic and 1 tsp. black pepper in a tiny bowl; rub the mixture evenly on the Top Sirloin Steak. Place the steak on a rack in a broiler pan so the surface of the beef is 2-3 inches from the heat source. Broil for 9-12 minutes until the internal temperature reaches 145°F (medium rare) to 160°F (medium), turning once. (A tabletop electric grill can be used in place of a broiler pan; cook the steak until the desired internal temperature is reached.)**

- Everyone has different preferences for cooking beef. If you or someone in your family loves to grill, the steak can be cooked that way, using the same internal cooking temperatures.
- For an quicker version of this recipe, slice up some leftover steak from a previous meal and use it instead. Even cold steak can be tasty in this hearty salad.

Demo Tip: If you have limited time or cooking equipment for the demonstration, pre-cook the steak before arriving to the site. Simply explain the instructions above and move on to slicing the pre-cooked steak.

④ **Carve steak into thin slices and sprinkle with salt if desired. Add steak and remaining dressing to pasta mixture; toss to coat evenly. Garnish with lemon peel and parsley.**

- This salad is great as leftovers for lunch the next day as well, since the ingredients will soak up the flavor of the dressing.

Closing

You can be confident knowing many of your favorite beef cuts are lean¹, including the Sirloin Steak used in this recipe. A 3 ounce serving of lean beef is packed with protein that helps keep your body and mind strong⁷⁻⁹.

This hearty salad is a perfect way to get the nutrition you need and the flavor you enjoy in a single dish - great for an easy family dinner tonight and to take for lunch tomorrow.

Lean beef, vegetables and whole grain pasta create a winning combination that fits into the recommendations for a balanced diet to optimize health¹⁰

For more easy and flavorful recipes visit BeefLovingTexans.com