

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Ginger Beef with Mango Salsa

From www.everydaypaleo.com

2 beef skirt or flank steaks (about 2 lbs of steak)
Lettuce leaves

Marinade:

¼ cup coconut aminos or tamari (this is wheat free soy sauce)
1 Tbs Thai fish sauce
1 tsp fresh grated ginger
Big pinch of cayenne pepper
Black pepper to taste

Mango Salsa:

1 cup ripe mango, finely diced
½ small red onion, thinly sliced
1 avocado, finely diced
1/3 cup cilantro leaves, finely diced
½ tsp freshly grated ginger
1 tsp garlic powder
1 Tbs fresh squeezed lime juice
2 Tbs olive oil

1. Whisk all marinade ingredients together.
2. Cut each steak into three even pieces and toss in the marinade until all steaks are well coated. Let the steaks sit in the marinade at room temperature for 20 minutes.
3. Grill steaks 2-4 minutes on each side (this will depend on whether you are using skirt steak or flank steak. Skirt steak will be thinner and will cook faster. It will also depend on how well-done you like your steak.)
4. Remove steak from the grill and let it rest for 10 minutes while you prepare the mango salsa.
5. In a medium bowl, gently toss together all the mango salsa ingredients and set aside.
6. Thinly slice the steak into strips.
7. To serve, place a few lettuce leaves on each plate, top with a serving of steak strips and finish with a large scoop of the mango salsa.

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

How to Cut a Mango

• **Prep time:** 1 minute

METHOD



1 The mango has a flat-ish oblong pit in the center of it. Your objective is to cut along the sides of the pit, separating the flesh from the pit. Holding the mango with one hand, stand it on its end, stem side down. Standing up the mango up like this you should be able to imagine the alignment of the flat, oval pit inside of it. With a sharp knife in your other hand, cut from the top of the mango, down one side of the pit. Then repeat with the other side. You should end up with three pieces - two halves, and a middle section that includes the pit.



2 Take a mango half and use a knife to make lengthwise and crosswise cuts in it, but try not to cut through the peel.



3 At this point you may be able to peel the segments right off of the peel with your fingers. Or, you can use a small paring knife to cut away the pieces from the peel.

4 Take the mango piece with the pit, lay it flat on the cutting board. Use a paring knife to cut out the pit and remove the peel.