

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Thai Beef Tacos

From [www.howsweeteats.com](http://www.howsweeteats.com)

Serves 2-4

1 1/2 pounds flank steak  
1 teaspoon salt  
1 teaspoon pepper  
Corn or flour tortillas  
1/4 cup peanuts, chopped (optional)  
Green leaf or romaine lettuce plus fresh cilantro for topping

### **Marinade:**

3/4 cup light (canned) coconut milk  
1 tablespoon sesame oil  
4 garlic cloves, minced or pressed  
2 teaspoons freshly grated ginger  
2 tablespoons sucanat or palm sugar  
3 tablespoons freshly chopped cilantro  
1/3 cup sweet chili sauce (Look for one without corn syrup. If you can't find one, you can substitute with a corn syrup-free mango chutney which I have been able to find at Dierberg's.)

### **Quick mango salsa:**

1/2 mango, chopped  
1 shallot, diced  
1 jalapeno, diced  
2 tablespoons freshly chopped cilantro  
A sprinkle each of salt & pepper

1. Sprinkle flank steak with salt and pepper. Combine coconut milk, sesame oil, chili sauce, garlic, ginger, sugar and cilantro in a bowl and whisk. Add flank steak to a ziplock bag or a shallow baking dish and pour marinade over the top. Refrigerate and let sit for 6-24 hours.
2. When ready to prepare, remove steak from fridge and let sit for 20-30 minutes. In a bowl, combine mango, shallot, jalapeno, salt, sugar and pepper, mix thoroughly, then set aside. Heat a large oven-safe skillet (like cast iron) over high heat. At the same time, preheat the broiler in your oven. (You can also grill the steak if you wish.) Using a pastry brush, brush oil onto the skillet so there is only a very thin layer. Remove steak from marinade with kitchen tongs, placing in the skillet. Sear on both sides for 2-3 minutes. Remove skillet and place in the oven directly under the broiler. Cook for 3-4 minutes, then flip and cook for 3-4 minutes more. This resulted in medium-medium well meat, but it is dependent on the thickness of your steak and your desired doneness. Our steak was about an inch thick.
3. Remove skillet from oven, and place steak on a cutting board to rest for 15-20 minutes. At this time, assemble your tortillas (warm them if desired), salsa, peanuts (if using) and cilantro. After the steak has rested, slice it into thin strips and add to your taco.