ASIAN CITRUS BEEF

Yield: 4 Portions

Ingredients	Amounts
Oranges	1 lb.
Dry sherry	3 Tbsp.
Soy sauce	3 Tbsp.
Ginger, minced	⅛ cup
Red Pepper flakes	¼ tsp.
Bean sprouts	1 ½ cups
Snow peas, ends and strings removed	1 ½ cups
Sirloin, fat removed, cut across the grain into ¼ inch-thick slices	1 lb.
Sesame oil	2 tsp.
Spring onions, sliced thin	1 Tbsp.

Method

1. Zest half of the oranges and juice them all.
2. In a 2 quart microwave bowl stir together zest, orange juice, sherry, soy sauce, ginger, red pepper flakes, and snow peas. Microwave covered at P10 for 3 minutes until pea pods turn bright green. Stir, add the bean sprouts and microwave on P10 for another 2 minutes.
3. Arrange the beef slices on a 10' plate. Cover tightly with plastic wrap. Microwave at P7 for 2 ½ minutes.
4. Combine beef and any juices with the vegetables, and microwave at P8 for 1 minute.
5. Finish with sesame oil and sprinkle with spring onions.

Recommendation:
Serve with steamed rice.

Nutrition Facts

Serving Size 1 serving
Servings Per Container 4

Amount Per Serving

Calories 300 Calories from Fat 100

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 750mg	**31%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 2g	**8%**
Sugars 12g	
Protein 29g	

Vitamin A 10% • Vitamin C 130%
Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4