



FILIPINO SKIRT STEAK

(With Cauliflower Fried Rice)

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(Standard/Maintenance Plans)

While on a weight loss plan, expanding your taste buds with different flavors is important in order to enjoy variety and keep from getting bored with your food choices. Ethnic foods are the perfect solution to solve this dilemma. The beef choices used in this recipe have more of a rich flavor, but can tend to be tough on their own. This recipe, adapted from iheartumami.com, offers a balance between citrus and savory flavors. Marinate the steak the night before for even more flavor and greater tenderness. The citrus marinade helps to break down the muscle fibers – just be sure to slice the steak thin when serving for even more tenderness.

Makes 4 servings. One serving equals 3 oz. of protein per meal. If serving with cauliflower rice, one cup equals one serving per meal. (Can use $\frac{3}{4}$ cup cauliflower rice and $\frac{1}{2}$ cup tomato salsa)



INGREDIENTS

1 lb. (or so) skirt steak (without silver skin), flat iron steak, London broil or sirloin tip (grass-fed, if possible)

Marinade

3 Tbsp. coconut aminos (or *organic* Tamari gluten free soy sauce)
1/2 tsp. pink Himalayan sea salt
1/2 of a lime, juiced
2 garlic cloves, crushed



Black pepper, to taste

Cauliflower Fried Rice

4 cups cauliflower rice

4- 5 scallions chopped (separate white and green parts)

4 small cloves garlic, minced

1/2 tsp. grated ginger

4 tsp. coconut aminos (or organic Tamari)

1-2 Tbs. organic unrefined coconut or avocado oil

Pink Himalayan sea salt & black pepper, to taste

Tomato Salsa (optional)

1 medium ripe tomato, small diced

1-1/2 Tbsp. shallots or 3 Tbsp. green tops of scallions

2 Tbsp. organic flat leaf parsley, chopped

Lime juice, to taste

INSTRUCTIONS

Steak

Prepare the steak by using a sharp knife to “score” the steak (making a shallow cut) in a criss-cross pattern. Combine marinade ingredients, pour over steak and place in the frig overnight (or 2 hours at least).

Either grill or pan sear the steak. Add oil to a medium-high heated stainless-steel skillet. Shake off excess marinade from the steak and cook or grill each side for 2-3 minutes per side for medium to medium-rare (or to desired doneness), depending on the thickness of the cut. Set aside to rest.

Cauliflower Fried Rice

Heat skillet to medium-high heat. (I like to use the skillet I browned the beef in for added flavor.) Add oil and reduce heat to medium, adding white part of scallions and garlic. Season with pinch of salt. Sauté for 15 seconds. Add cauliflower rice, ginger, coconut aminos and more oil, if needed. Season with sea salt and black pepper.

Quickly add and stir fry rice until a soft, but not mushy, texture. Turn off heat and stir in the green parts of scallion.

Serve

Slice steak thinly against the grain. Serve with cauliflower rice and top with tomato salsa.