



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SOUTHEAST ASIAN SIRLOIN

Time: 30 minutes plus overnight marinating

Serves: 4

Ingredients:

1/4 cup packed brown sugar
1/4 soy sauce
1 tablespoon fresh lime juice
1/2 teaspoon crushed red pepper
1/4 teaspoon curry powder
3 cloves garlic - minced
1 1/2 pounds sirloin steak

Preparation:

Place all ingredients except sirloin into a large zipper seal freezer bag and mix together.

Place the sirloin into the bag with the marinade, moving it around making sure it's completely coated.

Squeeze the air from the bag, seal and place in the refrigerator overnight.

Preheat your barbecue grill on high.

Remove the steak from the marinade, discarding any excess liquid.

Place the steak on the grill with the lid closed for three minutes.

Turn and cook for another three minutes. Depending on the heat of your barbecue, you may need to adjust the cooking time. The beef is perfectly cooked when an instant-read thermometer measures 155F (68C).

Remove from the grill, let stand five minutes, slice and serve.

Nutritional Information Per Serving:

Calories: 331
Fat: 11g
Carbs: 3g
Fibre: 0g
Protein: 52g