

FLANK STEAK & PINEAPPLE SLAW RICE BOWL

SERVINGS

4

INGREDIENTS

STEAK

1 lbs Flank steak
2 T. garlic, minced
1 t. salt
1 t. pepper
1 T cilantro, minced
2 T. Sesame Oil

PINEAPPLE SLAW

1 c. cabbage, shredded
½ c pineapple, diced
1 T cilantro
1 T scallion
1 T Soy Sauce
1 t Rice Vinegar
• 1 T sriracha

RICE

½ cup Brown Rice
1 cup Chicken Bouillon

INSTRUCTIONS

1. Combine all Steak ingredients and allow to marinate
2. Combine all slaw ingredients and set aside
3. Heat a skillet or grill. Grill steak for approx. 3 minutes on each side or to desired doneness. Remove from heat. Allow to rest.
4. Slice steak and serve over rice with slaw