



**servings:** 12 | **prep time:** 1 hour | **cook time:** 15 minutes | **cut:** flat iron | **method:** pan-sear

## sesame-soy steak stir-fry on wonton crisps

**Tired of making the same appetizer? Go bold with Asian-marinated flat iron steak that's pan-fried and served atop crispy wontons - ready to plate in only 30 minutes.**

### INGREDIENTS:

- 1 *Chairman's Reserve*® beef shoulder top blade (flat iron) steak (about 1½ pounds)
- Toasted Sesame Seeds (recipe below)
- ½ cup vegetable oil
- 12 frozen wonton wrappers, thawed
- 1 medium red bell pepper, thinly sliced (optional)

### SESAME-SOY MARINADE:

- ¼ cup soy sauce
- ¼ cup finely chopped green onions
- 2 tablespoons water
- 2 tablespoons packed brown sugar
- 1½ tablespoons dark sesame oil
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- ¼ teaspoon black pepper

### toasted sesame seeds

#### INGREDIENTS:

- 2 tablespoons white sesame seeds

### DIRECTIONS:

1. Prepare marinated cucumbers and toasted sesame seeds.
2. Cut beef steak lengthwise in half, then crosswise into ¼" strips; set aside.
3. Place beef strips and marinade in food-safe plastic bag; toss to coat. Close bag securely and marinate in refrigerator 30 minutes.
4. Meanwhile, heat ½ cup oil in large nonstick skillet over medium-high heat until hot. Fry 3 wonton wrappers 15 seconds per side or until crispy; drain on paper towels. Repeat with remaining wonton wrappers.
5. Remove beef strips from marinade; discard marinade. Heat pan over medium heat until hot. Add ½ of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Repeat with remaining beef. Evenly divide beef strips over wonton crisps; top beef with 1 tablespoon marinated cucumbers and ½ teaspoon toasted sesame seeds. Garnish plate with red bell pepper strips, if desired.

#### DIRECTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add sesame seeds. Cook and stir 5 minutes or until seeds are lightly toasted and golden. Set aside until ready to use.

**servings:** 1 | **calories:** 200 | **total fat:** 12g | **sodium:** 125mg | **total carbohydrate:** 10g | **protein:** 13g