

# Sirloin with Sugar Snap Pea & Pasta Salad

Total Recipe Time: 60 minutes

Makes 4 servings

## Ingredients

- 1 beef Top Sirloin Steak Boneless, cut  $\frac{3}{4}$  inch thick (about 1 pound)
- 2 cups fresh sugar snap peas
- 2 cups cooked gemelli or corkscrew pasta
- 1 cup grape or teardrop tomatoes, cut in halves
- 3 cloves garlic, minced
- 1 teaspoon black pepper
- Freshly grated lemon peel
- Chopped fresh parsley (optional)

## Gremolata Dressing:

- $\frac{1}{4}$  cup fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh parsley
- 2 cloves garlic, minced
- 2 teaspoons freshly grated lemon peel
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon black pepper

## Instructions

1. Bring water to boil in large saucepan. Add peas; cook 2 to 3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, pasta and tomatoes in large bowl. Set aside.
2. Whisk Gremolata Dressing ingredients in small bowl until well blended. Toss 2 tablespoons dressing with pasta mixture. Set aside.
3. Combine 3 cloves minced garlic and 1 teaspoon pepper; press evenly onto beef steak. Place steak on rack in broiler pan so surface of beef is 2-3 inches from heat. Broil 9-12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
4. Carve steak into thin slices; season with salt, as desired. Add steak slices and remaining dressing to pasta mixture; toss to coat evenly. Garnish with lemon peel and parsley, if desired.



**Nutrition information per serving:** 369 calories; 12 g fat (3 g saturated fat; 7 g monounsaturated fat); 5 mg cholesterol; 216 mg sodium; 31 g carbohydrate; 4.2 g fiber; 32 g protein; 1 mg niacin; 0.7 mg vitamin B<sub>6</sub>; 1.4 mcg vitamin B<sub>12</sub>; 4.4 mg iron; 46.5 mcg selenium; 5.3 mg zinc.

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