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Beef Steak with Carrots and Mint

For steak:

- 4 Beef top sirloin steaks, lean (3 oz each)
- 1/4 Tsp salt
- 1/4 Tsp ground black pepper
- 1/2 Tbsp olive oil

For salad:

- 1 Cup carrots, rinsed and grated
- 1 Cup cucumber, rinsed, peeled, and sliced
- 1 Tbsp olive oil
- 2 Tbsp fresh mint, rinsed, dried, and shredded (or 1/2 Tbsp dried)
- 1/4 Tsp salt
- 1/4 Tsp ground black pepper
- 1/2 Cup orange juice

- 1) For the steaks, preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
- 2) For the salad, combine all the ingredients in a bowl, and mix gently. Marinate salad for at least 5–10 minutes to blend flavors before serving. (Salad can be made up to 3 hours in advance and refrigerated.)
- 3) Season the steaks with salt and pepper, and lightly coat with oil.
- 4) Grill or broil 2–3 minutes on each side, or to your desired doneness (to a minimum internal temperature of 145 °F).
- 5) Remove from the heat and let cool for 5 minutes.
- 6) Serve one 3-ounce steak with 1/2 cup salad on the side.

Makes 4 Servings