

Mango Beef with Cashews

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A wonderful way to get in your fruits and veggies, this Mango Beef with Cashews is a unique beef dish bursting with flavor. Marinate beef and stir fry it with pieces of fresh mango for an Asian-inspired entree that is like no other. Sweet, savory, and memorable, this dish is the perfect way to spice up your week!

Ingredients:

1 lb sirloin steak
1 clove garlic, minced
1 Tbsp soy sauce
1 Tbsp rice wine vinegar
1 tsp cornstarch
salt and pepper to taste
2 ripe mangoes
1 Tbsp sunflower oil
2 Tbsp chopped fresh cilantro
1 oz unsalted cashew nuts, coarsely chopped

Directions:

1. Trim fat from beef and cut into quarter-inch strips.
2. In large bowl combine garlic, soy sauce, rice wine, cornstarch, salt and pepper. Add beef and toss to coat. Cover and chill for 30 minutes to marinate.
3. Peel mangoes and slice flesh off fruit. Cut into thick, even slices and discard pits.
4. In large, nonstick skillet heat sunflower oil. Add beef and stir fry until browned all over. Add sliced mango and cook for 3-5 minutes or until beef is cooked through and mango is hot.
5. Sprinkle with chopped cilantro and crushed cashew nuts. Serve over white rice.

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