**carne asada tacos with asian slaw**

**cuban fried rice**

**HERNDON HIGH SCHOOL | LUNCH**

### ingredients

**TACOS**
- 1/3 cup fresh cilantro
- 1/3 cup olive oil
- 1/4 cup soy sauce
- Juice of 1 orange
- Juice of 1 lime
- 4 cloves garlic, minced
- 1 jalapeno, minced
- 1 tsp ground cumin
- 1 tsp black pepper
- 1-1/2 pounds flank steak
- 1/2 tsp salt
- 12 8-inch whole wheat tortilla

**FRIED RICE**
- 2 tbsp vegetable oil
- 4 cloves minced garlic
- 2 cups diced scallions
- 3 cups cooked brown rice
- 1/4 tsp ground ginger
- 1/4 garlic powder
- 2 tbsp low sodium soy sauce
- 2 cups frozen pea, carrot mix, thawed
- 1 cup bean sprouts
- 2 medium egg scrambled

### preparation

**TACOS**
In a medium bowl, combine cilantro, olive oil, soy sauce, orange juice, lime juice, garlic, jalapeno, cumin and pepper; set aside 1/2 cup of this mixture in the refrigerator until ready to serve.

In a gallon size Ziploc bag or large bowl, combine steak and remaining cilantro mixture; marinate for at least 4 hours to overnight, turning the bag occasionally. Drain the steak from the marinade.

Preheat stovetop to medium high heat. Using paper towels, pat both sides of the steak dry; season with 1/2 tsp salt and additional pepper, to taste. Add steak to pan, and cook, flipping once, until desired doneness, about 6 minutes per side for medium rare. Let rest 5 minutes.

Thinly slice steak against the grain and mix with reserved 1/2 cup cilantro mixture. Serve on warmed tortillas topped with Asian Slaw. 12 servings.

**ASIAN SLAW**: Toss 1 package coleslaw mixture with 1/4 c vegetable oil, 4 tbsp rice wine vinegar and 2 tbsp low-sodium soy sauce.

**FRIED RICE**
Heat oil in a shallow frying pan, heat the oil and sauté garlic and scallions. When the scallion starts to become translucent, add the cooked rice, and stir continuously over high heat for about 5 minutes. Add ginger, garlic powder and soy sauce, and continue cooking and stirring quickly. Lower heat, cover, and cook for 5-6 minutes. Add pea/carrot mix, bean sprouts and scrambled eggs and mix well. Cook an additional 3-4 minutes until all ingredients re heated through.

### serve with
1/2 cup diced mango