

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