



## Harissa-Marinated Top Sirloin Tips

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon thyme sprigs fresh
- 4 garlic clove pressed
- 2 tablespoons brown sugar packed ( )
- 2 teaspoons harissa
- 4 tablespoons olive oil extra virgin extra-virgin divided for brushing
- 2 tablespoons soya sauce
- 2 pound beef top sirloin steaks thick fat trimmed ( )

## Equipment

- bowl
- whisk
- tongs

## Directions

- Cut steak lengthwise in half, forming two 2- to 3-inch-wide strips.
- Cut each strip into 2- to 3-inch triangles.
- Combine 2 tablespoons olive oil, garlic, sugar, soy sauce, thyme, and 2 teaspoons harissa in large bowl; whisk to blend.
- Add beef; toss to coat evenly. Marinate 30 minutes at room temperature or cover and chill at least 2 hours and up to 1 day, tossing occasionally.
- Drain beef.
- Heat 2 heavy large skillet over high heat.
- Brush skillets generously with olive oil. Divide beef tips between skillets. Cook until well browned on all sides, turning with tongs, 6 to 7 minutes for medium-rare.
- Transfer beef tips to platter.
- Whisk remaining 2 tablespoons olive oil, 1 tablespoon harissa, and 2 tablespoons water in small bowl to blend well. Season sauce to taste with salt.
- Drizzle sauce over beef tips and serve.
- \* A spicy North African red chile sauce; available in cans and jars at some specialty food stores and at Middle Eastern markets.

## Nutrition Facts

**PROTEIN 47.18%** **FAT 45.26%** **CARBS 7.56%**

## Properties

Glycemic Index: 15, Glycemic Load: 0.28, Inflammation Score: -8, Nutrition Score: 16.743043298307%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 299.02kcal (14.95%), Fat: 14.73g (22.66%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 5.24g (1.91%), Sugar: 4.22g (4.69%), Cholesterol: 89.21mg (29.74%), Sodium: 443.92mg (19.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.54g (69.08%), Selenium: 46.97µg (67.1%), Vitamin B3: 10.08mg (50.42%), Vitamin B6: 0.99mg (49.73%), Zinc: 6.12mg (40.81%), Phosphorus: 332.15mg (33.21%), Vitamin B12: 1.42µg (23.69%), Potassium: 579.2mg (16.55%), Iron: 2.91mg (16.16%), Vitamin E: 1.8mg (12.01%), Vitamin B2: 0.2mg (11.73%), Vitamin B5: 1.03mg (10.33%), Magnesium: 40.1mg (10.03%), Vitamin B1: 0.12mg (8.2%), Vitamin K: 7.4µg (7.05%), Copper: 0.14mg (7.05%), Folate: 21.51µg (5.38%), Manganese: 0.1mg (5.13%), Calcium: 46.56mg (4.66%), Vitamin C: 2.76mg (3.34%), Vitamin A: 66.94IU (1.34%), Fiber: 0.29g (1.17%)