



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 leaves fresh
- ☐ 4 garlic cloves pressed
- ☐ 2 tablespoons brown sugar packed ()
- ☐ 2 teaspoons harissa sauce
- ☐ 4 tablespoons olive oil extra-virgin divided for brushing
- ☐ 2 tablespoons soya sauce
- ☐ 2 pound beef top sirloin steaks thick fat trimmed ()

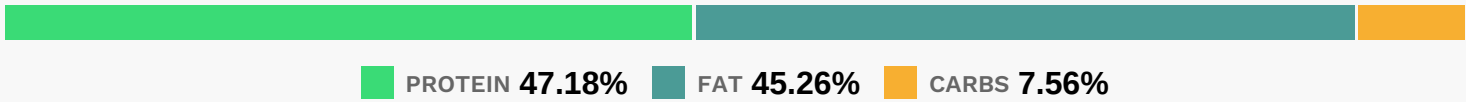
Equipment

- ☐ 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



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: Og (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%)