

# Asian Steak and Pear Salad

## INGREDIENTS:

### For the Marinade:

- 2 T lemon juice
- 2 T coconut aminos
- 1 T olive oil
- 1 T sesame oil
- 1 tsp. freshly minced ginger
- 1 garlic clove, minced
- 2 tsp. Sesame seeds
- Pinch of sea salt
- Pinch of black pepper
- 1 lb. flank steak (or skirt steak, top sirloin, strip steak)

### For the Dressing:

- 2 T red wine vinegar
- 1 T lemon juice
- 1 T raw honey
- 1 T coconut aminos
- 1 tsp. Fish sauce
- 1 tsp. Sesame seeds
- ¼ cup olive oil

### For the Salad:

- 2 T ghee
- 2 cups shiitake or restaurant blend mushrooms
- Salt and pepper to taste
- ⅛ tsp ground ginger
- ⅛ tsp granulated garlic
- 2 hearts of romaine, chopped (or any mixed greens)
- 1 cucumber, sliced
- 1 asian pear, thinly sliced (or bosc pear)
- Cilantro, to garnish (optional)

## PROCESS:

- Whisk together all ingredients for the marinade. Place steak in a shallow bowl or ziplock bag and pour marinade on top. Mix to coat, cover, and place in refrigerator to marinate for a minimum of 30 minutes, overnight is best.
- While meat marinates, place all ingredients for the dressing in a bowl, except for the olive oil, and whisk. While continuously whisking pour olive oil in the bowl and whisk until completely combined. Set aside in a closed container in the fridge until needed.
- Once meat has marinated, place a grill pan over medium-high heat (you can also do this on a grill) for about 6 minutes per side, until medium rare in the middle. Set aside and cover with foil to let rest.
- On that same hot pan, add 2 tablespoons of ghee along with the mushrooms, sprinkle them with salt, pepper, ginger and garlic and saute until soft and cooked through.
- Now to make the salad: place greens and cucumber in a large bowl, pour desired amount of dressing on top and toss to coat. Then thinly slice the steak against the grain, place on top of greens along with some thinly sliced pear and cilantro.

ENJOY!

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