

Ponzu Marinated Steak Sandwich

Fresh and hearty sandwich with seared flank steak, garnished with fresh, crunchy vegetables



YIELD: 1 each	SERVING SIZE: 1 SERVING = 1 sandwich	SOURCE: Seattle Public Schools
NUTRITIONAL CONTRIBUTION PER SERVING: 4 oz meat/meat alternative, 1 eq grain, ½ cup vegetable		

INGREDIENTS	QUANTITY	DIRECTIONS
Flank Steak, thin sliced (recipe follows)	4 ounces	<p>Day Prior to Service: For the flank steak: 1. Combine garlic, ginger, sesame oil, and ponzu sauce in medium bowl. Add steak to marinade, toss, cover with plastic wrap, and place in cooler for minimum of 3 hours or overnight.</p> <p>For the pickled vegetables: 2. Combine water, vinegar, sugar, and peppercorns in medium bowl. Add julienned vegetables to bowl, cover with plastic wrap, and place in cooler overnight to pickle.</p> <p>Day of Service: For the flank steak: 3. Preheat oven to 350°F. 4. Heat 2 Tbsp of vegetable oil in pan over medium heat. Remove steak from marinade and sear – about 5 minutes on each side. 5. Place flank steak on parchment lined sheet pan and place in preheated oven for 20 minutes. Check internal temp of steak after 20 minutes, once it reaches 155°F remove from oven and allow to rest. 6. Slice thin and reserve warm for service or chill for later use.</p> <p>To assemble: 7. Cut or split hoagie roll in half and spread mayo on both sides of roll. 8. Place leaf lettuce onto bread. 9. Line one side of bread with sliced cucumbers. 10. Add thinly sliced steak on top of lettuce. 11. Top sandwich with thinly sliced jalapenos and drizzle with sweet thai chili sauce.</p>
Hoagie Roll	1 each	
Pickled Vegetable (recipe follows on page 2)	¼ cup	
Cucumber, sliced on bias	5 slices	
Jalapeno, thin sliced	4 slices	
Leaf Lettuce	2 leaves	
Mayo	2 Tbsp	
Kikkoman Sweet Thai Chili Sauce	1 Tbsp	
FLANK STEAK (4 servings)		
Flank Steak	2 lb	
Garlic, minced	2 Tbsp	
Ginger, minced	2 Tbsp	
Sesame Oil	1 Tbsp	
Kikkoman Ponzu Sauce	2 cups	

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NUTRITION INFORMATION PER SERVING											
Calories	821	Total Fat	27.4 g	Saturated Fat	7.4 g	Cholesterol	72 mg	Sodium	3169 mg	Protein	45.5 g
Total Carbohydrate	99.9 g	Dietary Fiber	11.9 g	Total Sugar	37.5 g	Vitamin D	0 mg	Calcium	250 mg	Iron	7 mg



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Continued

INGREDIENTS	QUANTITY	DIRECTIONS
PICKLED VEGETABLES (4 servings)		
Carrot, julienne	3 each	
Radish, julienne	5 each	
Red Onion, julienne	1 each	
Hot Water	1 cup	
White Vinegar	½ cup	
Granulated Sugar	1 tsp	
Peppercorn, whole	10 each	