



## **BEEF STEAK**

### **WITH CURRIED ONION-PLUM SAUCE**

**Total Recipe Time:** 30 to 35 minutes   **Makes 4 servings**

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#### **INGREDIENTS:**

4 Chef's Exclusive® Flat Iron Beef Steaks (8 ounces each)

2 tablespoons olive oil

Salt and pepper

2 green onions with tops, sliced diagonally

1/3 cup plum preserves

2 tablespoons Major Grey mango chutney

3/4 teaspoon curry powder

1/4 cup water

1 tablespoon fresh lime juice

1/4 cup roasted salted peanuts, chopped

*(Instructions on reverse side)*



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## DIRECTIONS:

1. Heat oil in large heavy nonstick skillet over medium heat until hot.
2. Place steaks in skillet; cook flat iron steaks 11 to 14 minutes (chuck eye steaks 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Season with salt and pepper, as desired.
4. Remove to platter; keep warm.
5. Add green onions to skillet; cook and stir 1 to 2 minutes or until golden.
6. Stir in preserves, chutney and curry powder.
7. Add water; cook and stir until sauce is hot.
8. Stir in lime juice; remove from heat.
9. Spoon sauce over steaks. Sprinkle with peanuts.

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## Cook's Tip:

Four Chuck Eye Steaks, cut 3/4 inch thick may be substituted for Flat Iron Steaks. Cook 9 to 11 minutes for medium rare to medium doneness, turning occasionally.

Recipe and photo courtesy of [beefitswhatsfordinner.com](http://beefitswhatsfordinner.com)



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