Air Fryer Korean Beef

45 MIN	4 SERVINGS	370 CAL	29 G PROTEIN



Prep Time: 20 min
Cook Time: 25 min
Total Time: 45 min

Ingredients:

- [ ] 1 beef Flank Steak (about 1 pound)
- [ ] Fresh cilantro and sesame seeds (optional)

Rub:

- [ ] 2 tablespoons cornstarch
- [ ] 1/4 teaspoon freshly ground black pepper
- [ ] 1/8 teaspoon salt

Sauce:

- [ ] 1/4 cup unseasoned rice vinegar
- [ ] 1/4 cup sliced sweet onion
- [ ] 1/4 cup dates, pitted
- [ ] 3 tablespoons coconut aminos
- [ ] 1 tablespoon chopped fresh ginger
- [ ] 1 tablespoon minced garlic
- [ ] 2 teaspoons sesame oil
- [ ] 1/4 teaspoon Gochugaru chili flakes (Korean red pepper flakes)

Sweet Potatoes:

- [ ] 1 pound sweet potatoes, chopped
- [ ] 2 tablespoons water

Slaw:

- [ ] 2 cups thinly sliced napa cabbage
- [ ] 1/2 cup shredded carrots
- [ ] 1/2 cup kimchi, chopped
- [ ] 2 tablespoons lime juice

Cooking:

1. Combine rub ingredients. Spray Flank Steak with cooking spray; season with rub. Preheat air fryer to 390°F. Place steak in air fryer basket. Cook 20 minutes or for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

2. Meanwhile, combine rice vinegar, onion, dates, coconut aminos, ginger, garlic, oil and chili flakes in blender container. Cover; process until smooth, scraping sides of container as needed. Set aside.

3. Let steak rest 5 to 10 minutes. (Temperature will continue to rise about 5°F to 10°F to reach 145°F for medium rare; 160°F for medium. Carve steak diagonally across the grain into thin slices.

4. Place sweet potatoes and water in microwave-safe container. Microwave, covered, on HIGH 6 minutes or until tender, stirring once.

5. Combine cabbage, carrots, kimchi and lime juice in large bowl. Toss gently to coat. Let stand or refrigerate, covered, up to 4 hours.

6. Place steak, sweet potatoes and half of sauce in large bowl. Toss gently to coat. Plate with slaw; sprinkle with cilantro and sesame seeds, as desired. Serve remaining sauce, as desired.

BEEF
Funded by Beef Farmers and Ranchers