

# MedWatch RECIPES

T O D A Y

## BALSAMIC SKIRT STEAK TACOS

by Senior Executive Chef Andy Hatcher, Community Regional Medical Center

Yield: Serves 4

### Ingredients:

- 1 lbs. prime skirt steak
- ½ cup balsamic vinegar
- ½ cup 100% pineapple juice
- 2 tbsp. soy sauce
- 1 tsp. black pepper
- ¼ ea. fresh pineapple
- 8 ea. large ripe strawberries diced
- 1 tsp. chopped cilantro
- ½ tsp. chopped mint
- ½ tsp. lemon zest
- 2 tsp. fresh lemon juice
- 1 to 2 tsp. seeded minced jalapeno
- ¼ cup, red onion, small dice
- 8 ea. 3 inch corn tortillas
- ½ cup organic baby kale

### To make the steak:

1. In a medium mixing bowl whisk together the balsamic, pineapple juice, soy sauce and black pepper.
2. In a 1 gallon Ziploc bag add the meat and pour the marinade over. Remove the air from the bag and seal. Refrigerate overnight or up to 2 days for maximum flavor.
3. Remove the meat from the Ziploc and pat dry. Season lightly with salt and pepper. Cook on high heat on your BBQ, Gas grill or Cast-iron pan. Caramelize meat on both sides and let rest for 5min before slicing into ¼ strips against the grain of the meat.

### To make the salsa

1. Slice pineapple lengthwise in to ¼ inch slices. Season with salt and pepper and grill on high heat. Once the pineapple is caramelized on both sides remove and cool in the refrigerator. Once cooled small dice the pineapple and set aside.
2. In a mixing bowl add the pineapple, strawberries, red onion and jalapeno. Add the lemon zest and juice and mix well. Add the cilantro and mint and incorporate. Refrigerated salsa for 1 hr to let flavors meld.

### Directions:

1. Pre-heat a sauté pan over medium-high heat. Add a small amount of oil to the pan and wipe it around the pan with a paper towel. Warm the tortillas letting them slightly blister.
2. To assemble the tacos place the kale in the tortilla, meat on top of that and load it with salsa.