

### Adobo Skirt Steak with Poblano Roasted Vegetables (Gluten Free\*)



Use an adobo marinade to add spice, earthiness, and seasoning to enhance the natural flavor of a steak.

Yield	1-1/2 lbs steak 1 qt of vegetables
Serves	4
Preparation time	30 minutes
Cooking time	20 minutes

#### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
24	oz	1-1/2 lbs		Beef loin	Skirt Steak
3	oz	1/3 cup		Olive oil	
1.25	oz	2 tbsp		<a href="#">Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</a>	
2.75	oz	4 tsp		<a href="#">Minor's® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US</a>	
1	oz	2 tbsp		Olive oil	
16	oz	4 cups		California blend vegetables, frozen	

#### Preparation Steps

1. Mix together the olive oil and Red Chile Adobo Flavor Concentrate. Rub on steak. Set aside for at least 30 minutes up to 24 hours.
2. Combine Fire Roasted Poblano Flavor Concentrate and olive oil in a large mixing bowl. Toss the vegetable blend in the poblano oil and mix until the vegetables are evenly coated.
3. Roast vegetables in a convection oven at 375°F for 10-12 minutes or until hot and slightly caramelized.
4. Place steak on a preheated grill and cook over high heat to medium rare. Let rest.
5. Slice steak and plate with vegetables on the side.

#### Chef's tip

Serve Spanish rice underneath steak as accompaniment.

#### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	1094.6
Energy (Kj)	4591.7
Protein (g)	25.8
Carbohydrate, total (g)	9.2
Fats, total (g)	102.6
Sugars, total (g)	3.9
Fats, saturated (g)	28.5
Fiber, total dietary (g)	1.7
Sodium (mg)	502.1
Calcium (mg)	39.4
Cholesterol (mg)	146.3
Iron (mg)	2.4
Vitamin A (µg_RAE)	431.4
Vitamin C (mg)	57.4

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

