

# Five-Spice Hanger Steaks

*with Stir-Fried Brown Rice & Chinese Snow Pea Tips*

Five-spice powder is a seasoning commonly found in Chinese cuisine. Just like the name implies, it's made of a traditional blend of five spices. In this recipe, you'll notice the warming, sweet flavor of cloves and cinnamon, a licoricey hint from the star anise and fennel seeds, and the slightly tingly, citrusy heat of Sichuan peppercorns. Some sources say the blend was originally made as a "wonder powder" that brought harmony to the body and soul.



## Ingredients

- 2 5-Ounce Hanger Steaks
- 2 Cloves Garlic
- 2 Ounces Mung Bean Sprouts
- 2 Scallions
- 1 1-Inch Piece Ginger
- 1 Carrot
- 1 Lime
- $\frac{3}{4}$  Cup Brown Rice
- 3 Ounces Snow Pea Tips
- 1 Teaspoon Chinese Five-Spice Powder
- 2 Tablespoons Soy Sauce
- 2 Teaspoons Sesame Oil

Makes 2 Servings  
About 600 Calories Per Serving





# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Remove the hanger steaks from the refrigerator to bring to room temperature. Peel and mince the garlic and ginger. Thinly slice the scallions on an angle, separating the white bottoms and green tops. Peel and small dice the carrot. Using a peeler, remove the green rind of the lime, avoiding white pith; mince the peel to get 2 teaspoons of lime zest. Cut the lime into quarters.



## Cook the brown rice:

In a small pot, combine the **brown rice**, a **big pinch of salt** and **1½ cup of water**. Bring to a boil on high, then cover and reduce the heat to low. Simmer 28 to 30 minutes, or until all of the water is absorbed and the rice is tender. Remove from heat and fluff the finished rice with a fork.



## Cook the steak:

While the rice cooks, season both sides of the **hanger steaks** with salt, pepper and **five-spice powder**. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the seasoned hanger steaks and cook 5 to 7 minutes per side for medium-rare, or until they reach your desired degree of doneness. (Loosely cover the steak with aluminum foil to help the steak cook through faster.) Transfer the steak to a plate and let rest for at least 5 minutes, covering loosely with foil to keep warm. Wipe out the pan.



## Cook the vegetables:

In the same pan used to cook the steak, heat 2 teaspoons of olive oil on medium until hot. Add the **ginger, garlic, white parts of the scallions** and **diced carrots**. Season with salt and pepper and cook, stirring frequently, 2 to 3 minutes, or until softened. Add the **snow pea tips** and **bean sprouts** and season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly wilted.



## Add the rice & seasonings:

Add the **cooked rice**, **lime zest**, **soy sauce** and **sesame oil** to the vegetables and increase the heat to medium-high. Cook, stirring occasionally, 2 to 3 minutes, or until completely combined and heated through. Remove from heat and stir in the **juice of 2 lime wedges**.



## Slice the steak & plate your dish:

Find the lines of the muscle in the steak, or the grain. Slice the steak crosswise, against the grain. Add any juices from the sliced steak to the stir-fried rice; stir to combine. Divide the rice and vegetables between 2 plates and top with the sliced steak. Garnish with the **green parts of the scallions** and the **remaining lime wedges**. Enjoy!