



Strip Loin and Creative Recipe for Root Vegetables

Ingredients

ROOT VEGETABLES

- 1 to 2 lb of various root vegetables per brigade (carrots, potatoes, parsnips, turnips, sweet potatoes, beets, etc.)
- Other ingredients to your choice: onion, garlic, fine herbs, spices, dairy products, seasonings, etc.

DRESSING

- ¼ cup (60 ml) olive oil
- 1 tbsp (15 ml) balsamic vinegar
- 2 tsp (10 ml) Dijon mustard
- 2 tbsp (30 ml) reduce-sodium soy sauce
- 1 tsp (5 ml) garlic powder
- 1 tbsp (15 ml) fresh parsley, chopped
- Pepper to taste

BEEF

- Salt and pepper to taste
- 450 g beef sirloin (with fat)
- 1 tbsp (15 ml) canola oil

YOU WILL NEED:

- small bowl
- spoon
- set of measuring spoons
- set of measuring cups
- frying pan
- kitchen tongs
- plate
- knife

Preparation

ROOT VEGETABLES

- 1 Be creative!

DRESSING

- 2 In a small bowl, combine all the ingredients for the dressing and set aside.

BEEF

- 3 Season beef with salt and pepper on both sides.
- 4 Heat a frying pan over high heat.
- 5 Add oil and sear the strip loin for 3 to 5 minutes on each side to brown the meat.
- 6 Remove from the pan and let stand on a plate for 5 minutes before slicing. Drizzle with dressing and serve with root vegetables.



CHEF'S TIP: Do not remove fat from the cut of meat before cooking; it is preferable to do so after cooking. If you have time, marinate your strip loin for 1 hour 30 minutes in a marinade before cooking.

DIETITIAN'S TIP: The next day, use your leftover meat in a naan bread to make a sandwich.