Thai Beef and Mango Salad

Ingredients:
- ½ cup lime juice
- 2 Tbsp. brown sugar
- 3 Tbsp. reduced sodium soy sauce
- 2 Tbsp. vegetable or peanut oil
- 1 lb. lean top sirloin steak
- 2 scallions thinly sliced
- 2 cups shredded carrots (matchstick cut)
- ½ cup fresh cilantro or basil, chopped
- 1 mango peeled and diced
- 1 small head Boston lettuce torn into bite size pieces

Equipment Needed:
- Casserole dish to marinade steak in
- Cutting board and knife
- Medium bowl
- Large salad bowl
- Whisk
- Salad tongs
- Large skillet

Directions:
1. Wash hands with soap and water. Wash all produce prior to preparing.
2. In medium bowl, whisk together lime juice, sugar, soy sauce, and oil.
3. Lay the steak in casserole dish. Pour half the marinade over it and flip the meat to coat it thoroughly. Place in refrigerator to marinade for at least 4 hours or overnight, and reserve the remaining marinade to use as dressing for salad.
4. In large salad bowl, combine the scallions, carrots, cilantro or basil, mango and lettuce.
5. Heat a heavy skillet over medium high heat. Remove steak from marinade and discard used marinade. Cook steak about 5 minutes per side until cooked to desired doneness. Transfer steak to cutting board and cool slightly, then slice across grain into ½ inch wide strips.
6. Dress the salad with reserved marinade and serve topped with slices of steak.