

Pan-Seared Beef Bavette with Chili Maple Sauce



THINK**BEEF**.CA

Pan-Seared Beef Bavette with Chili Maple Sauce

1 ½ lb (750 g) **Bavette (Bottom Sirloin Steaks)**

¾ tsp Chinese five spice powder

Salt and pepper

2 tsp EACH butter and vegetable oil

1 tbsp Asian chili-garlic sauce

¼ cup maple syrup

1 ½ cups sodium-reduced chicken broth

1 tsp cornstarch

2 green onions, thinly sliced

Season steaks all over with Chinese five spice powder and salt and pepper to taste.

Heat butter and oil over medium-high heat in large stainless steel or cast iron skillet. Add steaks. Sear and cook until golden brown for 6 to 12 minutes, turning at least twice, for medium-rare doneness 145°F (63°C). Remove steaks and set aside.

Return skillet to medium-high heat. Add broth, maple syrup and chili-garlic sauce; bring to boil, scraping up any browned bits from bottom of pan. Meanwhile, mix cornstarch with 2 tsp water.; whisk into sauce and cook until thickened, about 2 minutes. Stir in green onions. Serve drizzled over steaks.

Per serving: 305 Calories, 39 g protein, 9 g fat, 16 g carbohydrate.