

# Golden Steak Fingers



PREPARATION TIME  
20 minutes



COOKING TIME  
15 minutes



PERFECT PARTNER  
tossed green salad



If you use a lot of egg whites and discard the yolks, look for powdered egg whites in the baking section of the supermarket.

You will eliminate waste and always have egg whites on hand.

## SHOPPING LIST

- Parmesan cheese • steak
- marinara sauce

## ON HAND

- flour • dried basil • salt
- pepper • eggs • oil

## INGREDIENTS

- 1 cup all-purpose flour
- 2 tablespoons grated Parmesan cheese
- 2 teaspoons dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 eggs
- 12 ounces round steak, trimmed, thinly sliced
- 1/2 cup vegetable oil
- 1 cup prepared marinara or other meatless red spaghetti sauce

SERVES 4

## COOK'N *Express*

• To make slicing the steak easier, chill it in the freezer for 30 minutes. Cut across the grain to yield the most tender meat.

### Make Ahead

You can coat the steak and refrigerate it for up to 2 hours before frying.

### ◆ VARIATION

*Experiment with dipping sauces for the steak. Barbecue or mustard sauce will also taste great.*

**1** Combine flour, Parmesan, basil, salt and pepper in a small bowl; mix well.



**2** Lightly beat eggs in a medium bowl. Dip steak into eggs, allowing excess to drain back into bowl. Coat steak with flour mixture, patting gently so coating adheres.

**3** Heat oil in a large skillet over medium-high heat. Fry steak fingers in batches, turning pieces once, until coating is golden, about 5 minutes.



**4** Meanwhile, heat marinara sauce in a small saucepan over medium-low heat. Place steak fingers on a serving platter. Serve with sauce for dipping.