Outer skirt steak cooked with a little bacon, Worcestershire sauce, lime and basil; red pepper, yellow onions and spinach, just sautéed; extra wide egg noodles.



# Outer Skirt Steak with Sautéed Peppers, Onions & Spinach and Extra Wide Egg Noodles

> ### The game plan
>
> Boil the water for the egg noodles first. Cook the outer skirt steak with a little bit of bacon, and put in a little Worcestershire sauce, lime, and basil. Sauté the vegetables — red pepper, yellow onions, and spinach. Serve it over extra wide egg noodles.

## What you need

Amounts are for 2 servings — scale up or down for your table.

- Outer skirt steak: about ¾–1 lb
- Bacon: a few slices (3–4)
- Worcestershire sauce: a little — about 1 Tbsp
- Lime: 1
- Basil: a handful of leaves
- Coconut milk: ¼ to ½ cup
- Salt and black pepper
- Egg noodles, extra wide: about 6 oz dry
- Parmesan, to serve
- Red pepper: 1, sliced
- Yellow onions: 2, sliced
- Spinach: about 4 cups
- Olive oil: 1–2 Tbsp
- Chicken broth: some — about ¼ cup
- Coconut aminos: 1–2 Tbsp
- Fish sauce: 1–2 tsp
- Thyme: 1 tsp

# COOK THE PLATE

Three parts, one dinner · Serves 2



## 1. Cook the extra wide egg noodles

1. Heat water to a boil first — before anything else.
2. Cook the extra wide egg noodles until just tender, about 6–8 minutes; check the package. Drain.



## 2. Cook the Steak

1. Cook a few slices of bacon at medium heat in a sauté pan until they are browned and crisp, then remove from pan and chop up while saving the bacon grease.
2. Cut the skirt steak across the grain into 2” slices each about ½” thick and place in pan with the bacon grease and salt and pepper to taste.
3. After a few minutes — about 4–5 — add a little bit of Worcestershire sauce, lime juice, and basil.
4. When cooked through, mix in the bacon and ¼ to ½ cup of coconut milk, then turn off heat and cover.



## 3. Sauté the vegetables

1. In a separate pan, heat olive oil at medium/high heat, then after a few minutes, mix red bell peppers and yellow onions in.
2. After 5-6 minutes, add spinach leaves then add some chicken broth and cover.
3. Occasionally stir until spinach has wilted.
4. Add coconut aminos, fish sauce, and thyme.

Optional, for garlic lovers: cook chopped garlic in the oil for 30–60 seconds, shaking the pan so it doesn’t burn, and add it to the vegetables after they’re cooked.

### Serve

**Extra wide egg noodles on the plate**; then, put vegetables over the top; then steak over that and add some sauce from the pan, then add parmesan.

