



## Asian Steak and Noodle Salad

 Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 tablespoons fish sauce
- 2 lb flank steak
- 2 tablespoons ginger fresh peeled finely chopped
- 1 cup mint leaves fresh
- 2 garlic clove finely chopped
- 2 medium apples i use 2 granny smith apples
- 0.5 cup juice of lime fresh
- 1.5 teaspoons pepper dried hot

- 8 oz vermicelli dried
- 0.5 cup roasted peanuts salted chopped (sometimes labeled "cocktail peanuts")
- 7 oz the salad loosely packed (16 cups ; see cooks' note, below)
- 0.5 cup shallots thinly sliced (2 medium)
- 2 tablespoons soya sauce
- 6 tablespoons sugar
- 6 tablespoons water

## Equipment

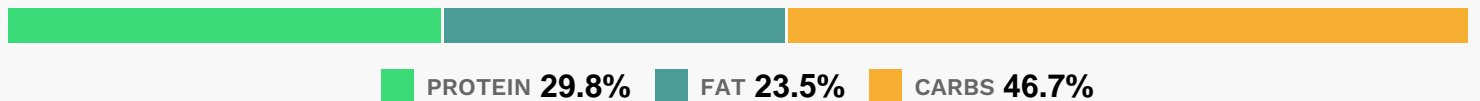
- bowl
- paper towels
- whisk
- pot
- grill
- ziploc bags
- colander
- grill pan
- cutting board

## Directions

- Whisk together fish sauce, ginger, garlic, soy sauce, and sugar in a small bowl until sugar is dissolved.
- Pour marinade into a large sealable plastic bag. Pat steak dry and place in bag, then press out excess air and seal bag. Turn bag over 2 or 3 times to coat meat, then place in a shallow dish (in case of leaks) and chill at least 4 hours and up to
- Bring steak to room temperature 30 minutes before grilling.
- Prepare grill for cooking over medium-hot charcoal (moderate heat for gas).
- Remove steak from marinade (discard marinade) and pat dry with paper towels. Grill, uncovered unless using a gas grill, over direct heat, turning over once, until medium-rare, 12 to 14 minutes total.

- Transfer steak to a cutting board and let stand, uncovered, about 15 minutes.
- Whisk together lime juice, water, sugar, fish sauce, and red-pepper flakes in a bowl until sugar is dissolved, then stir in shallots.
- Cook noodles in a 5-quart pot of boiling salted water until just tender, 4 to 5 minutes.
- Drain in a colander, then rinse under cold water and drain well.
- Transfer to a bowl and toss with 1/2 cup dressing. 3Working around core of each apple, cut thin slices (about 1/8 inch thick) with slicer, then stack slices.
- Cut slices lengthwise into 1/4-inch-wide matchsticks.
- Combine apples, greens, and mint in a large bowl.
- Add 1/2 cup dressing and toss well to coat.
- Thinly slice steak across the grain.
- Arrange noodles on a large platter and mound greens on top of noodles. Arrange steak slices on greens and sprinkle with peanuts.
- Serve at room temperature with remaining dressing on the side.
- \*Found in Asian markets and uwajimaya.com.
- Packaged Asian salad mix can be found at many supermarkets, or you can use a blend of greens such as tatsoi, mizuna, baby arugula, mustard greens, or pea shoots.·If you aren't able to grill outdoors, steak can be cooked in a hot lightly oiled well-seasoned large (2-burner) ridged grill pan over moderately high heat, turning over once, until medium-rare, 12 to 14 minutes total.·Dressing can be made 3 hours ahead and kept, covered, at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:31.26, Glycemic Load:22.11, Inflammation Score:-7, Nutrition Score:19.429565243099%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate:

0.09mg Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

## **Nutrients (% of daily need)**

Calories: 403.03kcal (20.15%), Fat: 10.58g (16.28%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 47.32g (15.77%), Net Carbohydrates: 43.76g (15.91%), Sugar: 15.77g (17.52%), Cholesterol: 68.04mg (22.68%), Sodium: 1480.21mg (64.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.19g (60.38%), Selenium: 40.22µg (57.46%), Vitamin B3: 9.36mg (46.81%), Vitamin B6: 0.9mg (44.93%), Phosphorus: 347.19mg (34.72%), Zinc: 5.02mg (33.46%), Manganese: 0.61mg (30.51%), Magnesium: 84.53mg (21.13%), Potassium: 722.63mg (20.65%), Vitamin C: 15.75mg (19.09%), Vitamin B12: 1.1µg (18.28%), Iron: 3.15mg (17.48%), Folate: 58.6µg (14.65%), Fiber: 3.56g (14.23%), Vitamin A: 666.34IU (13.33%), Copper: 0.25mg (12.54%), Vitamin B2: 0.21mg (12.27%), Vitamin B1: 0.16mg (10.6%), Vitamin B5: 1.04mg (10.38%), Calcium: 75.26mg (7.53%), Vitamin E: 0.6mg (3.99%), Vitamin K: 2.98µg (2.84%)