



Beef & orange stir-fry

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



3

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g broccoli
- ☐ 4 tsp vegetable oil; peanut oil preferred
- ☐ 400 g rump steak trimmed cut into thin strips
- ☐ 2 tsp cornstarch
- ☐ 2 bell pepper red deseeded sliced
- ☐ 1 piece ginger peeled cut into matchsticks
- ☐ 4 garlic clove finely chopped
- ☐ 1 to 5 chilies red hot deseeded thinly sliced (if you don't like it too)

- ☐ 4 spring onion halved sliced
- ☐ 2 cranberry-orange relish juiced cut into segents
- ☐ 1.5 tbsp clear honey
- ☐ 1 tbsp rice vinegar
- ☐ 1 tbsp soya sauce dark
- ☐ 3 servings noodles steamed

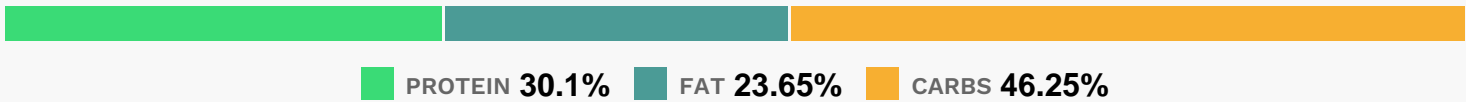
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Steam or boil the broccoli for 3–4 mins until tender.
- ☐ Drain and run under cold water.
- ☐ Heat 2 tsp of the oil in a non-stick wok or large frying pan and toss the beef strips in cornflour. When the oil is hot, fry the beef for 1–2 mins to brown, then put to one side.
- ☐ Heat the remaining oil in the pan, then toss in the peppers and fry for 2 mins.
- ☐ Add the ginger, garlic, chilli and 3 spring onions, and cook for 1 min more, taking care not to burn the garlic.
- ☐ Add the orange juice, honey, rice vinegar and soy, and bubble down briefly before stirring in the broccoli, beef and orange segments.
- ☐ Heat through, then sprinkle with the remaining chopped spring onion.
- ☐ Serve with rice or noodles.

Nutrition Facts



Properties

Glycemic Index:131.42, Glycemic Load:23.05, Inflammation Score:-10, Nutrition Score:39.129130679628%

Flavonoids

Hesperetin: 23.8mg, Hesperetin: 23.8mg, Hesperetin: 23.8mg, Hesperetin: 23.8mg Naringenin: 13.38mg, Naringenin: 13.38mg, Naringenin: 13.38mg, Naringenin: 13.38mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 512.12kcal (25.61%), Fat: 13.68g (21.05%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 60.19g (20.06%), Net Carbohydrates: 52.31g (19.02%), Sugar: 23.08g (25.64%), Cholesterol: 81.33mg (27.11%), Sodium: 442.72mg (19.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.17g (78.33%), Vitamin C: 233.45mg (282.98%), Vitamin K: 108.95µg (103.76%), Selenium: 59.57µg (85.1%), Vitamin B6: 1.4mg (69.82%), Vitamin A: 3398.44IU (67.97%), Vitamin B3: 12.25mg (61.24%), Zinc: 6.69mg (44.62%), Phosphorus: 427.36mg (42.74%), Folate: 143.33µg (35.83%), Manganese: 0.71mg (35.54%), Potassium: 1166.04mg (33.32%), Fiber: 7.88g (31.51%), Iron: 4.85mg (26.92%), Vitamin B12: 1.59µg (26.44%), Vitamin E: 3.56mg (23.76%), Vitamin B2: 0.38mg (22.59%), Magnesium: 89.57mg (22.39%), Vitamin B1: 0.3mg (19.75%), Vitamin B5: 1.92mg (19.17%), Copper: 0.33mg (16.52%), Calcium: 138.49mg (13.85%)