



Beef Satays over Thai Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons asian fish sauce (nam pla or nuoc mam)
- 2 carrots grated
- 0.5 cup lightly cilantro leaves packed
- 3 tablespoons cooking oil
- 1 cucumber diced peeled halved seeded
- 0.3 cup mint leaves fresh chopped
- 2 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black

- 2.5 tablespoons juice of lemon
- 4 stalks lemongrass minced peeled
- 1 pinch red-pepper flakes dried
- 0.8 teaspoon rice-wine vinegar
- 1 quart romaine lettuce
- 0.5 teaspoon salt
- 1.5 pounds rump steak cut into 1-inch cubes
- 2.8 teaspoons sugar
- 1 tablespoon water

Equipment

- bowl
- grill
- broiler
- skewers

Directions

- In a medium shallow glass or stainless-steel bowl, combine the steak, lemongrass, half the garlic, the oil, 1 1/2 tablespoons of the lemon juice, 3/4 teaspoon of the sugar, the salt, and black pepper. Set aside.
- In a small glass or stainless-steel bowl, combine the fish sauce, the remaining 1 tablespoon lemon juice, garlic, and 2 teaspoons sugar, the water, vinegar, and red-pepper flakes.
- In a large glass or stainless-steel bowl, combine the romaine, carrots, cucumber, cilantro, and mint.
- Light the grill or heat the broiler. Thread the steak onto eight skewers. Grill or broil the meat, turning, until done to your taste, about 5 minutes for medium rare. Toss the dressing with the salad and serve topped with the satays.
- Wine Recommendation: Although beef traditionally calls for a red, these seasonings suggest a white wine. A rich Californian, such as a full-bodied chardonnay, can play to both the beef and the salad here. If you prefer red wine, try a light, fruity Beaujolais.
- Notes: Asian fish sauce is available at Asian markets and many supermarkets

Nutrition Facts

PROTEIN 27.8% FAT 57.63% CARBS 14.57%

Properties

Glycemic Index:68.98, Glycemic Load:3.21, Inflammation Score:-10, Nutrition Score:40.86695675228%

Flavonoids

Eriodictyol: 1.33mg, Eriodictyol: 1.33mg, Eriodictyol: 1.33mg, Eriodictyol: 1.33mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 568.03kcal (28.4%), Fat: 36.77g (56.57%), Saturated Fat: 11.14g (69.63%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 14.19g (5.16%), Sugar: 8.64g (9.6%), Cholesterol: 95.25mg (31.75%), Sodium: 1134.22mg (49.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.9g (79.8%), Vitamin A: 26021.38IU (520.43%), Vitamin K: 265.87µg (253.21%), Folate: 370.5µg (92.62%), Vitamin B12: 4.77µg (79.53%), Manganese: 1.38mg (68.87%), Vitamin B6: 0.98mg (48.99%), Zinc: 6.74mg (44.96%), Selenium: 30.32µg (43.31%), Potassium: 1488.32mg (42.52%), Iron: 7.5mg (41.66%), Phosphorus: 415.52mg (41.55%), Vitamin B3: 7.71mg (38.55%), Vitamin B2: 0.54mg (31.84%), Magnesium: 108.56mg (27.14%), Vitamin B1: 0.4mg (26.92%), Fiber: 6.73g (26.91%), Vitamin C: 19.63mg (23.79%), Copper: 0.38mg (19.1%), Vitamin E: 2.44mg (16.3%), Calcium: 134.93mg (13.49%), Vitamin B5: 1.19mg (11.89%)