



Beef Soba Noodles with Spinach and Coconut-Curry Vinaigrette

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 8 cups bok choy coarsely chopped
- ☐ 1.5 teaspoons madras curry powder
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 1 tablespoon garlic sliced
- ☐ 1 teaspoon honey
- ☐ 1.5 teaspoons kosher salt divided

- ☐ 0.5 cup coconut milk light
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 2 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 1 tablespoon rice vinegar
- ☐ 1 tablespoon sesame seed toasted
- ☐ 8 ounce rump steak boneless
- ☐ 8 ounces soba noodles uncooked
- ☐ 1 pound bagged prewashed spinach

Equipment

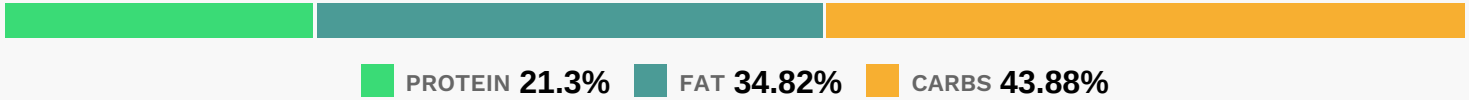
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Place beef in freezer.
- ☐ Bring 4 quarts water and 1 teaspoon salt to a boil in a large saucepan.
- ☐ Add noodles to boiling salted water; cook according to package directions. During last 1 minute of cooking, add bok choy and spinach. Cook 1 minute or until greens wilt.
- ☐ Drain and rinse under cold water; drain well.
- ☐ Combine 1/4 teaspoon salt, coconut milk, juice, soy sauce, vinegar, honey, and 1/4 teaspoon pepper in a small bowl, stirring with a whisk.
- ☐ Combine 5 teaspoons oil, ginger, garlic, and curry in a Dutch oven over low heat; cook 5 minutes, stirring frequently.
- ☐ Remove from heat.
- ☐ Add reserved coconut milk mixture and noodle mixture; toss well.

- ☐ Heat a large, heavy skillet over high heat.
- ☐ Cut beef across the grain into thin slices; sprinkle with remaining 1/4 teaspoon salt and the remaining 1/4 teaspoon pepper.
- ☐ Add remaining 1 teaspoon oil to pan; swirl to coat.
- ☐ Add beef to pan; saut 2 minutes or until done.
- ☐ Add beef to pasta mixture; toss well.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:15.89, Inflammation Score:-10, Nutrition Score:31.949130638786%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 8.87mg, Kaempferol: 8.87mg, Kaempferol: 8.87mg, Kaempferol: 8.87mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 316.5kcal (15.83%), Fat: 12.9g (19.85%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 36.58g (12.19%), Net Carbohydrates: 33.51g (12.18%), Sugar: 2.54g (2.82%), Cholesterol: 21.17mg (7.06%), Sodium: 1228.45mg (53.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.76g (35.52%), Vitamin K: 408.47µg (389.02%), Vitamin A: 11267.61IU (225.35%), Vitamin C: 65.28mg (79.13%), Manganese: 1.45mg (72.37%), Folate: 238.34µg (59.58%), Magnesium: 132.14mg (33.04%), Vitamin B6: 0.61mg (30.44%), Iron: 5.05mg (28.07%), Potassium: 920.86mg (26.31%), Phosphorus: 255.9mg (25.59%), Vitamin B1: 0.33mg (22.26%), Calcium: 209.96mg (21%), Vitamin B2: 0.35mg (20.37%), Vitamin B3: 3.77mg (18.83%), Zinc: 2.66mg (17.73%), Vitamin B12: 1.05µg (17.51%), Vitamin E: 2.5mg (16.69%), Copper: 0.31mg (15.35%), Fiber: 3.07g (12.29%), Selenium: 8.27µg (11.81%), Vitamin B5: 0.65mg (6.46%)