



Beef Stir-Fry with Fresh and Pickled Ginger

READY IN



35 min.

SERVINGS



20

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons chile-garlic sauce chinese
- ☐ 1.5 teaspoons cornstarch
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons cooking sherry dry
- ☐ 3 tablespoons cooking sherry dry
- ☐ 0.3 cup ginger fresh julienned
- ☐ 1 tablespoon hoisin sauce
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 3 tablespoons oyster sauce

- ☐ 2 tablespoons pickled ginger sliced into thin strips
- ☐ 6 scallions cut into 2-inch lengths
- ☐ 1.3 pounds rump steak thinly sliced
- ☐ 2 tablespoons soya sauce
- ☐ 3 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ In a large bowl, whisk the sherry with the soy sauce and cornstarch.
- ☐ Add the steak and turn to coat with the marinade.
- ☐ Let stand for 15 minutes.
- ☐ In a small bowl, whisk the chicken broth with the sherry, oyster sauce, hoisin sauce, chile-garlic sauce and cornstarch.
- ☐ Lift the beef from the marinade; discard the marinade.
- ☐ Heat a wok or large skillet until very hot.
- ☐ Add 2 tablespoons of the vegetable oil and heat until shimmering.
- ☐ Add the steak and stir-fry over high heat until browned and cooked to medium, about 1 minute.
- ☐ Transfer the steak to a plate.
- ☐ Add the remaining 1 tablespoon of vegetable oil to the wok.
- ☐ Add the fresh ginger and scallions and stir-fry over high heat until fragrant, about 30 seconds. Return the steak to the wok and add the pickled ginger and the sauce. Stir-fry until the sauce thickens, about 10 seconds.
- ☐ Transfer the steak to bowls and serve.

Nutrition Facts



 **PROTEIN 28.04%**  **FAT 62.86%**  **CARBS 9.1%**

Properties

Glycemic Index:5.35, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:3.571304316106%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 94.29kcal (4.71%), Fat: 6.34g (9.75%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.86g (0.67%), Sugar: 0.49g (0.54%), Cholesterol: 15.9mg (5.3%), Sodium: 223.87mg (9.73%), Alcohol: 0.39g (100%), Alcohol %: 0.93% (100%), Protein: 6.36g (12.73%), Vitamin B12: 0.81µg (13.42%), Vitamin K: 11.23µg (10.69%), Selenium: 4.88µg (6.97%), Zinc: 0.98mg (6.51%), Vitamin B3: 1.27mg (6.37%), Vitamin B6: 0.12mg (6.06%), Phosphorus: 57.31mg (5.73%), Iron: 0.72mg (4%), Vitamin B2: 0.06mg (3.82%), Potassium: 122.71mg (3.51%), Magnesium: 9.02mg (2.25%), Vitamin B1: 0.03mg (2.17%), Copper: 0.04mg (2.11%), Manganese: 0.03mg (1.63%), Vitamin E: 0.2mg (1.31%), Folate: 5.25µg (1.31%), Vitamin B5: 0.11mg (1.05%)