



## Beef with Scallions, Tomato, and Ginger

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

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**388 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings rice steamed for serving
- 1.5 teaspoons cornstarch
- 2 teaspoons sesame oil dark
- 2 tablespoons cooking sherry dry
- 1 pound flank steak very cold (See Cook's Note.)
- 2 inch ginger fresh peeled chopped (preferably young ginger) (See Cook's Note.)
- 1 tablespoon hoisin sauce mixed with 1 tablespoon water
- 1 bunch scallions cut into 2-inch long pieces, whites and greens kept separate

- 2 tablespoons soya sauce
- 1 teaspoon sugar
- 1 pound tomatoes ripe cut into large chunks (into 8ths) ( 3 to 4 medium tomatoes)
- 2 tablespoons vegetable oil

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Cut the beef against the grain into thin strips about 2 inches long (by 1/4-inch thick). In a large bowl, whisk together the sherry, soy sauce, sesame oil, cornstarch, and sugar.
- Add the beef and mix well. Set aside.
- Preheat a large non-stick skillet over high heat.
- Add 1 tablespoon of the oil and heat until very hot.
- Add the scallion whites and beef mixture to the skillet, arrange it in a single layer, and cook, without stirring, until well-browned on the bottom and still pinkish inside, about 1 minute. (It is key to only partially cook the meat at this stage, since it will be finish cooking later in the sauce.)
- Transfer to a bowl.
- Return the skillet to the heat and add the remaining oil.
- Add the ginger and cook, stirring, until fragrant, about 30 seconds to 1 minute (only a few seconds if using young ginger).
- Add the scallion greens and tomatoes and cook until slightly softened and saucy, and tomato skin begins to wrinkle, about 1 minute. Return the beef and any collected juice to the skillet, add the hoisin sauce, and cook, stirring, until thick, about 30 seconds more. Season, to taste.
- Transfer to a serving platter and serve immediately with rice.

## Nutrition Facts



■ PROTEIN 30.34% ■ FAT 35.95% ■ CARBS 33.71%

## Properties

Glycemic Index:73.52, Glycemic Load:26.04, Inflammation Score:-7, Nutrition Score:19.904347709987%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 388.04kcal (19.4%), Fat: 15.1g (23.24%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 29.78g (10.83%), Sugar: 5.54g (6.15%), Cholesterol: 68.16mg (22.72%), Sodium: 635.97mg (27.65%), Alcohol: 0.77g (100%), Alcohol %: 0.28% (100%), Protein: 28.68g (57.37%), Selenium: 39.62µg (56.59%), Vitamin B6: 0.88mg (44.19%), Vitamin B3: 8.52mg (42.6%), Vitamin K: 35.57µg (33.88%), Zinc: 5.02mg (33.46%), Phosphorus: 308.33mg (30.83%), Manganese: 0.6mg (29.83%), Potassium: 743.38mg (21.24%), Vitamin C: 16.85mg (20.43%), Vitamin A: 1004.67IU (20.09%), Vitamin B12: 1.03µg (17.2%), Iron: 2.6mg (14.45%), Magnesium: 54.94mg (13.73%), Copper: 0.24mg (11.76%), Vitamin B5: 1.17mg (11.75%), Vitamin B2: 0.19mg (11.29%), Vitamin E: 1.61mg (10.74%), Folate: 40.96µg (10.24%), Vitamin B1: 0.15mg (9.96%), Fiber: 2.09g (8.37%), Calcium: 51.71mg (5.17%)