



Braised Oxtails with Star Anise and Chinese Greens

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



944 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 baby bok choy
- ☐ 1 tablespoon black bean garlic sauce chinese (not ground)
- ☐ 3 tablespoons t brown sugar dark
- ☐ 8 large garlic clove peeled
- ☐ 1.5 inch ginger fresh
- ☐ 6 servings spring onion chopped
- ☐ 2 cups chicken broth

- ☐ 1 large onion halved thinly sliced
- ☐ 4.5 pounds oxtail fat trimmed ()
- ☐ 0.5 cup soya sauce
- ☐ 8 star anise whole

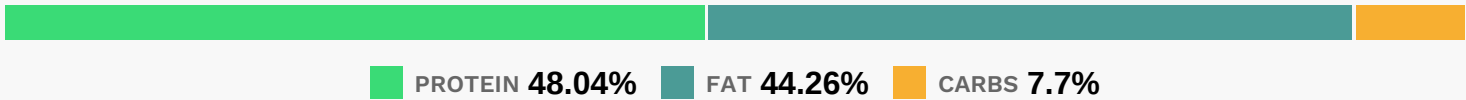
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Arrange oxtails in single layer in heavy large pot.
- ☐ Add next 8 ingredients, then enough water to cover oxtails by 1/2 inch; bring to boil. Reduce heat to low, partially cover, and simmer until very tender, adding more water by 1/2 cupfuls as needed to keep oxtails covered, about 3 hours. Cool slightly. Chill uncovered until cold, then cover and keep chilled at least 1 day and up to 3 days.
- ☐ Spoon off and discard fat from sauce. Rewarm oxtails over low heat.
- ☐ Transfer oxtails to large plate. Boil sauce just until reduced enough to coat spoon thinly (do not reduce too much or sauce may become salty). Discard ginger slices and star anise.
- ☐ Meanwhile, cook yu choy in large pot of boiling salted water until just tender, about 4 minutes.
- ☐ Drain well.
- ☐ Divide yu choy among shallow bowls. Top with oxtails and sauce and sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:18.366086993528%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 943.59kcal (47.18%), Fat: 45.85g (70.54%), Saturated Fat: 18.17g (113.54%), Carbohydrates: 17.93g (5.98%), Net Carbohydrates: 14.48g (5.26%), Sugar: 10.06g (11.18%), Cholesterol: 374.21mg (124.74%), Sodium: 1915.27mg (83.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 111.97g (223.95%), Vitamin A: 10121.83IU (202.44%), Vitamin C: 106.29mg (128.84%), Iron: 16.53mg (91.83%), Calcium: 354.84mg (35.48%), Fiber: 3.45g (13.8%), Manganese: 0.24mg (12.19%), Vitamin K: 12.59µg (11.99%), Vitamin B3: 1.99mg (9.95%), Vitamin B6: 0.14mg (7.19%), Phosphorus: 71.03mg (7.1%), Potassium: 212.2mg (6.06%), Copper: 0.11mg (5.59%), Vitamin B2: 0.07mg (4.32%), Magnesium: 16.78mg (4.19%), Folate: 12.58µg (3.14%), Vitamin B1: 0.04mg (2.61%), Zinc: 0.35mg (2.35%), Vitamin B5: 0.15mg (1.54%), Selenium: 1.03µg (1.48%), Vitamin B12: 0.08µg (1.31%)