



Chilli beef noodles



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



725 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 l vegetable stock
- ☐ 6 slices ginger fresh peeled thin
- ☐ 1 large chilli red halved
- ☐ 1 bunch spring onion finely sliced
- ☐ 1 rump steak trimmed
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 250 g pack pak choi quartered
- ☐ 300 g egg noodle thin

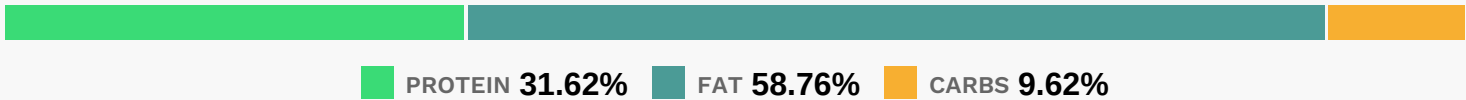
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ cutting board

Directions

- ☐ Place the stock, ginger, chilli and spring onions in a large saucepan and bring to the boil. Meanwhile, heat a griddle pan until very hot and brush the steak with the oil. Griddle the steak for 2 mins each side for medium-rare.
- ☐ Transfer to a chopping board and leave to rest for 1 min, then thinly slice.
- ☐ Add the pak choi to the stock, then the noodles, bring to the boil and simmer for 3 mins until tender. Ladle the stock, noodles and pak choi into large serving bowls and top with thin slices of steak.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:5.36, Inflammation Score:-10, Nutrition Score:46.660000013269%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 724.92kcal (36.25%), Fat: 46.88g (72.12%), Saturated Fat: 15.66g (97.88%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 15.25g (5.55%), Sugar: 9.94g (11.04%), Cholesterol: 653.2mg (217.73%), Sodium: 3370.64mg (146.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.75g (113.5%), Vitamin A: 8315.62IU (166.31%), Vitamin C: 91.14mg (110.47%), Selenium: 74.95µg (107.07%), Vitamin B12: 6.06µg (101.02%), Vitamin K: 85.7µg

(81.62%), Phosphorus: 655.21mg (65.52%), Vitamin B2: 1.11mg (65.29%), Vitamin B6: 1.27mg (63.71%), Zinc: 7.87mg (52.49%), Folate: 176.71µg (44.18%), Iron: 7.49mg (41.6%), Vitamin B3: 7.3mg (36.48%), Potassium: 1177.77mg (33.65%), Vitamin E: 4.8mg (32%), Vitamin B5: 3mg (30.03%), Calcium: 238.2mg (23.82%), Magnesium: 85.9mg (21.48%), Vitamin B1: 0.3mg (20.29%), Vitamin D: 3µg (20%), Manganese: 0.34mg (16.89%), Copper: 0.32mg (16.05%), Fiber: 2.02g (8.08%)