



HEALTH SCORE

70%

## Chilli beef with broccoli & oyster sauce



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 500 g rump steak sliced into thin strips
- ☐ 2 tbsp soya sauce
- ☐ 1 large pinch five-spice powder
- ☐ 2 tbsp shaoxing rice wine dry
- ☐ 1 chilli red sliced into thin rings
- ☐ 2 tbsp cornflour
- ☐ 3 tbsp unrefined sunflower oil
- ☐ 2 pasilla peppers seeded cut into uneven chunks

- ☐ 150 g tenderstem broccoli trimmed
- ☐ 200 ml chicken stock see
- ☐ 2 tbsp oyster sauce
- ☐ 4 servings noodles

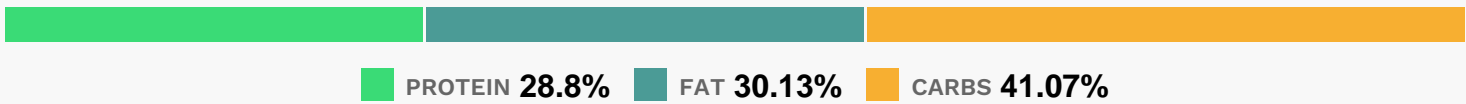
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

## Directions

- ☐ Place the beef in a bowl with the soy, five-spice, rice wine, chilli and cornflour, and season with black pepper.
- ☐ Mix well so the beef is completely coated in the thick paste and leave to marinate for at least 10 mins but 30 mins is better.
- ☐ Heat 2 tbsp of oil in a wok until very hot.
- ☐ Add the beef to the wok, but do not overcrowd the pan the beef needs to be in a single layer. If necessary, cook the beef in batches. Fry the beef vigorously for about 3 mins until brown and crisp and scoop onto a plate.
- ☐ When all the beef is cooked give the wok a quick wipe out.
- ☐ Heat the remaining oil and stir fry the peppers and broccoli for a minute then pour over the stock and add the oyster sauce. Simmer everything together for 1 min then add the beef to the wok and boil briefly to thicken the sauce then serve straight away with rice or noodles.

## Nutrition Facts



## Properties

Glycemic Index:37.25, Glycemic Load:17.91, Inflammation Score:-8, Nutrition Score:31.863043580366%

## Flavonoids

Luteolin: 3.1mg, Luteolin: 3.1mg, Luteolin: 3.1mg, Luteolin: 3.1mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 552.86kcal (27.64%), Fat: 18.09g (27.83%), Saturated Fat: 3.58g (22.36%), Carbohydrates: 55.48g (18.49%), Net Carbohydrates: 51.36g (18.68%), Sugar: 5.11g (5.68%), Cholesterol: 77.77mg (25.92%), Sodium: 911.3mg (39.62%), Alcohol: 1.21g (100%), Alcohol %: 0.4% (100%), Protein: 38.91g (77.81%), Vitamin C: 97.62mg (118.32%), Selenium: 70.07µg (100.11%), Vitamin B3: 12.19mg (60.95%), Vitamin B6: 1.14mg (56.93%), Vitamin K: 46.58µg (44.36%), Phosphorus: 433.02mg (43.3%), Zinc: 6.36mg (42.4%), Manganese: 0.76mg (38.05%), Vitamin E: 5.39mg (35.95%), Potassium: 894.02mg (25.54%), Vitamin B12: 1.52µg (25.41%), Iron: 3.81mg (21.18%), Magnesium: 81.83mg (20.46%), Copper: 0.38mg (19.15%), Vitamin B2: 0.31mg (18.01%), Fiber: 4.12g (16.47%), Folate: 64.02µg (16.01%), Vitamin B1: 0.22mg (14.67%), Vitamin B5: 1.39mg (13.9%), Vitamin A: 563.17IU (11.26%), Calcium: 80.18mg (8.02%)