



WHATSheATE



Cold Orange Chili Oil Noodle Salad with Steak



Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



746 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon asian fish-sauce
- ☐ 4 baby bokchoy whole
- ☐ 0.5 cup coarsely carrots shredded
- ☐ 3 tablespoon chili-oil
- ☐ 1 teaspoon chili paste depending on your taste pref
- ☐ 1 cup cilantro leaves whole loosely packed
- ☐ 0.5 cup dry-roasted peanuts
- ☐ 1 tablespoon granulated sugar

- ☐ 8 ounce mung bean sprouts fresh
- ☐ 1 pound asian noodles very thin
- ☐ 1 orange zest
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 0.3 cup rice vinegar
- ☐ 4 servings salt and pepper as needed
- ☐ 1 bunch scallions sliced into ½-inch lengths
- ☐ 1 tablespoon toasted-sesame oil
- ☐ 0.5 cup soya sauce separated

Equipment

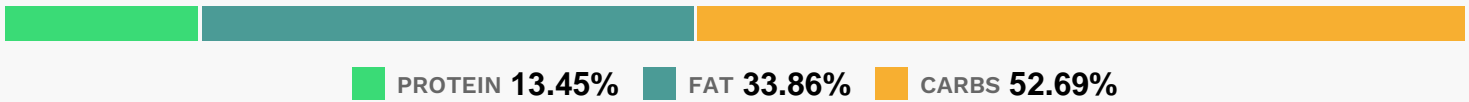
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Mix ½ cup soy sauce, peanut oil in a small bowl. Rub both sides of each steak with a bit of chili paste.
- ☐ Add the steaks to the soy mixture and let them marinate about 1 hour, turning occasionally.
- ☐ Heat the grill or grill pan to medium-high heat.
- ☐ Remove the steaks from the soy mixture and generously season them. Cook for 3 minutes, rotate the steaks ¼ turn to make nice crosshatch marks, and then cook another 2 minutes. Flip and cook another 3 to 4 minutes for medium-rare, or to your degree of desired doneness.
- ☐ Remove to a platter and let cool. Once cool they may be refrigerated overnight if needed. About an hour before serving, bring a large pot of salted water to a boil over high heat. Have a bowl of ice water handy. Drop the baby bok choy into the water and cook about 3 minutes. Use tongs and remove them to the ice bath to stop cooking.

- ☐
- Remove them from the bath drain and refrigerate. Retain the boiling water and ice bath for the noodles. Drop the noodles into the boiling water and cook, stirring often to prevent sticking, until the noodles are al dente. About 2 minutes.
- ☐
- Drain and then submerge them in the prepared ice water bath. Once cool drain well and refrigerate 1 hour. Discard boiling water and ice bath. In a large bowl whisk together chili oil, remaining 2 tablespoons soy sauce, rice vinegar, sesame oil, Asian fish sauce, pinch of salt, sugar, orange zest.
- ☐
- Add the bean sprouts, shredded carrots, sliced scallions, cilantro leaves and cold noodles to the bowl. Toss to coat well. Cover the bowl and move it to the refrigerator to completely chill. When ready to serve, turn the whole bowl and its liquid onto a serving platter. Toss the peanuts over the noodles and top with the reserved steak slices; place the baby bok choy along side.
- ☐
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:83.06, Glycemic Load:36.99, Inflammation Score:-10, Nutrition Score:28.065652137217%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 745.9kcal (37.29%), Fat: 28.39g (43.67%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 99.37g (33.12%), Net Carbohydrates: 91.77g (33.37%), Sugar: 10.13g (11.25%), Cholesterol: 0mg (0%), Sodium: 2271mg (98.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.37g (50.74%), Selenium: 74.27µg (106.09%), Manganese: 1.79mg (89.72%), Vitamin A: 3037.88IU (60.76%), Vitamin K: 52.84µg (50.32%), Phosphorus: 366.32mg (36.63%), Vitamin B3: 6.63mg (33.14%), Magnesium: 127.61mg (31.9%), Copper: 0.61mg (30.57%), Fiber: 7.6g (30.41%), Folate: 96.54µg (24.14%), Iron: 3.46mg (19.2%), Potassium: 655.97mg (18.74%), Vitamin B6: 0.37mg (18.71%), Vitamin C: 15.34mg (18.59%), Vitamin E: 2.54mg (16.95%), Vitamin B1: 0.25mg (16.61%), Zinc: 2.44mg (16.24%), Vitamin B2: 0.23mg (13.33%), Vitamin B5: 1.16mg (11.59%), Calcium: 75.99mg (7.6%)