



WHATSheATE



Curry-Coconut Steak and Noodle Salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound frangelico
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 large savory vegetable with a vegetable peeler peeled thinly sliced lengthwise
- ☐ 12 ounces cucumber seedless halved lengthwise thinly sliced
- ☐ 0.3 cup cilantro leaves fresh divided chopped
- ☐ 2 tablespoons curry paste green (such as Thai Kitchen)
- ☐ 1 juice of lime
- ☐ 0.3 teaspoon kosher salt

- ☐ 1 cup lite coconut milk light
- ☐ 1 Handful mint leaves fresh
- ☐ 1 tablespoon peanuts chopped
- ☐ 6 ounces rice flour thick thin (ban pho)
- ☐ 3 spring onion halved thinly sliced lengthwise

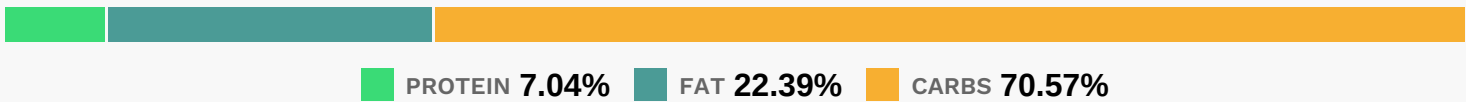
Equipment

- ☐ bowl
- ☐ roasting pan
- ☐ grill

Directions

- ☐ Cook noodles according to package directions.
- ☐ Drain and rinse with cold water to prevent noodles from sticking together; reserve.
- ☐ Combine the curry paste, coconut milk, half the cilantro, lime zest and juice, salt, and pepper in a small bowl; mix well. (This mixture may be made up to 2 days ahead; refrigerate in an airtight container.)
- ☐ Transfer the steak to a roasting pan; rub with 2-3 tablespoons of the curry mixture.
- ☐ Broil (or grill) the steak until medium-rare (about 4 minutes per side); transfer to a plate.
- ☐ Arrange scallions, carrots, cucumbers, and reserved noodles on a large platter.
- ☐ Brush steak with more curry sauce. Thinly slice steak, and transfer to the platter.
- ☐ Drizzle remaining sauce over salad; sprinkle with remaining cilantro, peanuts, and mint.

Nutrition Facts



Properties

Glycemic Index:55.81, Glycemic Load:22.69, Inflammation Score:-8, Nutrition Score:9.3256521484126%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 239.41kcal (11.97%), Fat: 5.86g (9.02%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 39.15g (14.24%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 192.13mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Manganese: 0.69mg (34.67%), Vitamin K: 35.93µg (34.22%), Vitamin A: 1512.76IU (30.26%), Vitamin B6: 0.24mg (12.02%), Selenium: 6.94µg (9.91%), Fiber: 2.39g (9.58%), Vitamin C: 7.62mg (9.24%), Magnesium: 34.5mg (8.62%), Vitamin B3: 1.68mg (8.4%), Phosphorus: 78.02mg (7.8%), Vitamin B1: 0.11mg (7.19%), Copper: 0.13mg (6.51%), Vitamin B5: 0.64mg (6.41%), Potassium: 223.74mg (6.39%), Folate: 22.16µg (5.54%), Iron: 0.91mg (5.04%), Calcium: 42.47mg (4.25%), Zinc: 0.63mg (4.17%), Vitamin B2: 0.05mg (3.17%), Vitamin E: 0.16mg (1.1%)