



## Dinner Tonight: Hunan Beef with Cumin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 12 ounces beef short ribs boneless sliced
- ☐ 2 teaspoons pepper dried
- ☐ 1 tablespoon rice wine
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon soy sauce light
- ☐ 1.8 cups vegetable oil; peanut oil preferred

- ☐ 1 tablespoon potato flour
- ☐ 2 to 5 chilies fresh red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 spring onion white green chopped
- ☐ 1 teaspoon sesame oil
- ☐ 1 teaspoon soya sauce dark

## Equipment

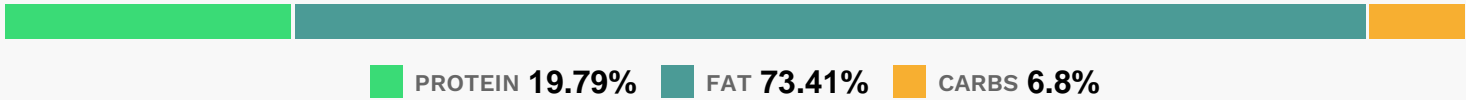
- ☐ bowl
- ☐ whisk
- ☐ wire rack
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ wok
- ☐ tongs

## Directions

- ☐ Whisk together wine, salt, light soy sauce, dark soy sauce, potato starch, and one tablespoon water in medium-sized bowl.
- ☐ Add beef to marinade, mix with hands, and let sit for at least 15 minutes at room temperature.
- ☐ Pour oil into large wok. Turn heat to high and using a deep fry thermometer, bring temperature to 225°F.
- ☐ Add beef and cook for two minutes, stirring gently with 12-inch tongs to keep pieces from sticking together.
- ☐ Remove beef with tongs, and drain over wire rack.
- ☐ Pour out all but three tablespoons of oil. Turn heat to high again, and once lightly smoking, add ginger, garlic, chilies, chili flakes, and cumin. Stir constantly with wooden spoon for about 15 seconds.
- ☐ Add beef back to wok, and season with pinch of salt. Cook until beef starts to sizzle, about 1 minute.

- ☐ Add scallions. Stir well and remove from heat.
- ☐ Transfer beef to a large plate, and drizzle sesame oil on top.
- ☐ Serve beef with white rice.

## Nutrition Facts



### Properties

Glycemic Index:39.25, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:14.712173886921%

### Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

### Nutrients (% of daily need)

Calories: 357.54kcal (17.88%), Fat: 29.07g (44.72%), Saturated Fat: 7.08g (44.22%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 4.91g (1.79%), Sugar: 1.58g (1.76%), Cholesterol: 50.18mg (16.73%), Sodium: 536.17mg (23.31%), Alcohol: 0.6g (100%), Alcohol %: 0.34% (100%), Protein: 17.63g (35.26%), Vitamin B12: 2.88µg (48.05%), Vitamin C: 34.14mg (41.38%), Zinc: 4.29mg (28.57%), Vitamin B6: 0.52mg (25.8%), Vitamin E: 3.59mg (23.95%), Phosphorus: 191.6mg (19.16%), Selenium: 12.97µg (18.53%), Vitamin B3: 3.58mg (17.91%), Iron: 3.14mg (17.43%), Vitamin K: 16.98µg (16.17%), Potassium: 467.56mg (13.36%), Vitamin A: 583.35IU (11.67%), Vitamin B2: 0.18mg (10.32%), Magnesium: 33.77mg (8.44%), Manganese: 0.16mg (8.16%), Vitamin B1: 0.12mg (7.85%), Copper: 0.13mg (6.33%), Fiber: 1.14g (4.56%), Folate: 15.69µg (3.92%), Vitamin B5: 0.36mg (3.62%), Calcium: 32.03mg (3.2%)