



Dinner Tonight: Quick-Seared Sichuan Beef Stew

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 pounds frangelico quick (or another tender, cooking cut)
- ☐ 2 tablespoons brandy
- ☐ 2 tablespoons ginger fresh julienned peeled
- ☐ 3 garlic clove sliced
- ☐ 1 pound soup noodles fresh chinese
- ☐ 2 tablespoons orange zest grated

- ☐ 3 chilies dried red hot stemmed halved lengthwise
- ☐ 3 spring onion ends trimmed cut into 1-inch lengths
- ☐ 4 shallots ends trimmed halved
- ☐ 0.3 cup soya sauce
- ☐ 4 star anise
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons vegetable oil divided

Equipment

- ☐ bowl
- ☐ pot
- ☐ tongs
- ☐ colander

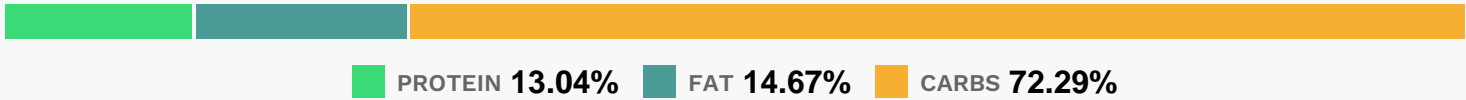
Directions

- ☐ Trim any fat or sinew from the beef, and then cut into 1-inch chunks.
- ☐ Pour one tablespoon of the oil into a large, heavy pot set over high heat. When smoking, add as much of the meat as will fit in one layer. Cook, flipping occasionally, until lightly browned on all sides, three to four minutes.
- ☐ Remove the meat and set aside. Repeat process, adding more oil if needed, until all the beef has been browned.
- ☐ Return all of the meat to the pot, and add the star anise, red chiles, garlic, shallots, ginger, and orange zest. Cook, stirring occasionally, until shallots are lightly browned, two to three minutes.
- ☐ In a small bowl, combine the the soy sauce, vinegar, brandy, and sugar. Stir the mixture until the sugar has dissolved.
- ☐ Pour this into the large pot, turn the heat to low, and cook for five minutes. Then pour in one cup of water, stir well, cover, and cook over low heat until the beef is tender, about 20 minutes.
- ☐ Meanwhile, fill a second pot with water and bring to a boil over high heat. Cook the noodles according to the directions on the packaging, waiting to start cooking them until there are

only a few minutes left for the beef to cook.

- ☐
- Drain the noodles in a colander.
- ☐
- Turn off the heat, and stir in the scallions. With a pair of tongs, remove the star anise and chiles.
- ☐
- Serve with the noodles.

Nutrition Facts



Properties

Glycemic Index:76.02, Glycemic Load:38.38, Inflammation Score:-7, Nutrition Score:17.967391490936%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 559.96kcal (28%), Fat: 8.8g (13.54%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 97.57g (32.52%), Net Carbohydrates: 92.1g (33.49%), Sugar: 9.88g (10.97%), Cholesterol: 0mg (0%), Sodium: 824.59mg (35.85%), Alcohol: 2.51g (100%), Alcohol %: 0.59% (100%), Protein: 17.61g (35.21%), Selenium: 72.59µg (103.7%), Manganese: 1.28mg (64.16%), Vitamin K: 31.9µg (30.38%), Phosphorus: 263.58mg (26.36%), Fiber: 5.47g (21.87%), Copper: 0.41mg (20.4%), Magnesium: 78.67mg (19.67%), Vitamin B6: 0.33mg (16.51%), Iron: 2.79mg (15.51%), Vitamin B3: 2.73mg (13.65%), Potassium: 452.46mg (12.93%), Zinc: 1.91mg (12.72%), Vitamin C: 8.98mg (10.88%), Folate: 38.93µg (9.73%), Vitamin B1: 0.14mg (9.58%), Vitamin B2: 0.12mg (6.88%), Vitamin B5: 0.67mg (6.69%), Calcium: 60.72mg (6.07%), Vitamin E: 0.77mg (5.14%), Vitamin A: 205.97IU (4.12%)