



Drunken Stir-Fried Beef with Green Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 teaspoons bird chile or minced
- ☐ 1 cup cherry tomatoes quartered
- ☐ 1 teaspoon cider vinegar
- ☐ 1 pound flank steak trimmed cut into 1/4-inch strips
- ☐ 2 teaspoons galangal fresh peeled coarsely chopped
- ☐ 7 garlic cloves minced
- ☐ 2 cups diagonally cut green beans (1-inch)
- ☐ 2 kaffir lime leaves grated thinly sliced

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon lemongrass fresh peeled chopped
- ☐ 1 tablespoon sugar
- ☐ 1 cup thai basil leaves
- ☐ 3 tablespoons thai fish sauce

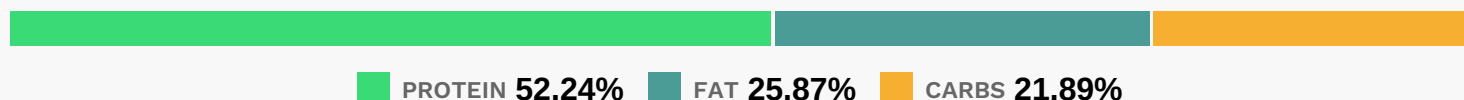
Equipment

- ☐ frying pan
- ☐ wok
- ☐ mortar and pestle

Directions

- ☐ To prepare the paste, combine the salt and minced garlic in a mortar and pestle, and pound to form a paste.
- ☐ Add chile, galangal, lemongrass, and lime leaves, one at a time, until each ingredient is incorporated into paste.
- ☐ To prepare stir-fry, heat a wok or large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add paste, and stir-fry for 30 seconds (fumes may cause eyes and throat to burn slightly).
- ☐ Add beef; stir-fry for 3 minutes.
- ☐ Add beans; stir-fry for 1 minute.
- ☐ Add tomatoes, sugar, fish sauce, and vinegar; stir-fry for 1 minute or until beef reaches desired degree of doneness. Stir in basil.
- ☐ Wine Note: Here's a great example of a beef dish laced with lots of green flavors – in this case, lemongrass, lime and basil. A Sauvignon Blanc, itself sporting green notes, would pair wonderfully with this dish. Try Jepson Sauvignon Blanc 1999 (Mendocino County, California; \$11).

Nutrition Facts



Properties

Glycemic Index:54.22, Glycemic Load:2.99, Inflammation Score:-7, Nutrition Score:15.868695528611%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 165.81kcal (8.29%), Fat: 4.74g (7.29%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 7.43g (2.7%), Sugar: 5.06g (5.62%), Cholesterol: 54.43mg (18.14%), Sodium: 1135.54mg (49.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.54g (43.08%), Selenium: 28.8µg (41.14%), Vitamin K: 40.89µg (38.95%), Vitamin B6: 0.74mg (37.07%), Vitamin B3: 6.48mg (32.39%), Zinc: 3.76mg (25.06%), Phosphorus: 219.75mg (21.97%), Vitamin C: 14.68mg (17.8%), Manganese: 0.34mg (17.25%), Potassium: 542.16mg (15.49%), Vitamin B12: 0.88µg (14.62%), Magnesium: 57.77mg (14.44%), Vitamin A: 708.94IU (14.18%), Iron: 2.46mg (13.65%), Vitamin B2: 0.17mg (10.21%), Folate: 40.04µg (10.01%), Vitamin B1: 0.12mg (8.3%), Copper: 0.16mg (8.05%), Vitamin B5: 0.76mg (7.6%), Fiber: 1.6g (6.38%), Calcium: 60.42mg (6.04%), Vitamin E: 0.66mg (4.38%)