



 **21%**  
HEALTH SCORE

## Curry-Coconut Steak and Noodle Salad

 **Gluten Free**  **Dairy Free**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**551 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound beef tenderloin
- 0.3 teaspoon pepper black freshly ground
- 3 large savory vegetable with a vegetable peeler peeled thinly sliced lengthwise
- 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

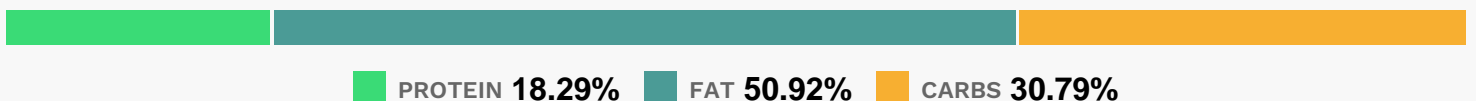
## Equipment

- 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:67.06, Glycemic Load:22.72, Inflammation Score:-8, Nutrition Score:19.140869477521%

## 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: 550.61kcal (27.53%), Fat: 30.62g (47.11%), Saturated Fat: 14.12g (88.24%), Carbohydrates: 41.65g (13.88%), Net Carbohydrates: 39.23g (14.26%), Sugar: 2.35g (2.61%), Cholesterol: 79.38mg (26.46%), Sodium: 248.05mg (10.78%), Alcohol: 0g (100%), Protein: 24.75g (49.5%), Vitamin B12: 2.95µg (49.14%), Selenium: 26.33µg (37.61%), Manganese: 0.71mg (35.44%), Vitamin K: 35.93µg (34.22%), Vitamin B6: 0.67mg (33.6%), Vitamin A: 1550.84IU (31.02%), Phosphorus: 283.71mg (28.37%), Zinc: 4.09mg (27.25%), Vitamin B3: 5.08mg (25.4%), Iron: 3.58mg (19.89%), Vitamin B2: 0.29mg (17.21%), Vitamin B1: 0.24mg (16.33%), Potassium: 570.06mg (16.29%), Magnesium: 57.36mg (14.34%), Copper: 0.24mg (11.82%), Vitamin B5: 0.98mg (9.82%), Fiber: 2.42g (9.7%), Vitamin C: 7.7mg (9.33%), Folate: 29.18µg (7.3%), Calcium: 50.6mg (5.06%), Vitamin E: 0.16mg (1.1%)