



Five-spice beef with black bean sauce & bok choy

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp five-spice powder chinese
- ☐ 1 large rump steak (300g 10oz)
- ☐ 3 heads pak choi halved
- ☐ 1 tsp sesame oil
- ☐ 100 g sachet black bean sauce
- ☐ 2 garlic cloves finely minced
- ☐ 1 small piece root ginger fresh finely minced

☐ 2 tbsp rice wine vinegar

Equipment

☐ frying pan

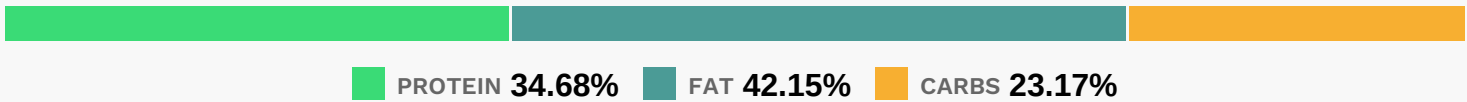
☐ sauce pan

☐ pot

Directions

- ☐ Mix the sauce ingredients together in a small saucepan, then gently simmer until hot.
- ☐ Heat a griddle pan until very hot. Rub the five-spice all over the steak, then season with a little salt and pepper. Sear steak for 2-3 mins on each side until cooked to your liking, then leave to rest.
- ☐ Meanwhile, gently simmer or steam the bok or pak choi for 4-5 mins until wilted, but still crunchy. Toss the greens in a few tbsps of sauce and the sesame oil.
- ☐ Cut steak into thick slices.
- ☐ Serve on a plate with a small pot of sauce, the greens and some steamed rice.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:65.860434635826%

Flavonoids

Apigenin: 3.02mg, Apigenin: 3.02mg, Apigenin: 3.02mg, Apigenin: 3.02mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 54.57mg, Kaempferol: 54.57mg, Kaempferol: 54.57mg, Kaempferol: 54.57mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 26.01mg, Quercetin: 26.01mg, Quercetin: 26.01mg, Quercetin: 26.01mg

Nutrients (% of daily need)

Calories: 648.81kcal (32.44%), Fat: 32.07g (49.34%), Saturated Fat: 10.91g (68.19%), Carbohydrates: 39.66g (13.22%), Net Carbohydrates: 23.49g (8.54%), Sugar: 20.68g (22.98%), Cholesterol: 95.2mg (31.73%), Sodium: 914.2mg (39.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.37g (118.73%), Vitamin A: 56309.51IU (1126.19%), Vitamin C: 568.95mg (689.64%), Vitamin K: 573.66µg (546.34%), Folate: 842.67µg (210.67%), Vitamin

B6: 3.16mg (157.96%), Calcium: 1365.92mg (136.59%), Manganese: 2.18mg (109.19%), Potassium: 3784.99mg (108.14%), Iron: 16.08mg (89.34%), Vitamin B12: 4.73µg (78.77%), Phosphorus: 785.98mg (78.6%), Vitamin B2: 1.2mg (70.83%), Magnesium: 282.6mg (70.65%), Fiber: 16.17g (64.69%), Vitamin B3: 12.64mg (63.2%), Zinc: 8.23mg (54.87%), Selenium: 35.08µg (50.11%), Vitamin B1: 0.69mg (46.3%), Copper: 0.45mg (22.65%), Vitamin B5: 1.69mg (16.93%), Vitamin E: 1.18mg (7.85%)