



Ginger Beef Tataki with Lemon-Soy Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound beef tenderloin trimmed
- ☐ 6 tablespoons daikon white finely grated peeled (Japanese radish)
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 6 tablespoons ginger fresh finely grated peeled
- ☐ 2 large garlic cloves
- ☐ 2 tablespoons brown sugar packed ()
- ☐ 4 green onions very finely chopped

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 lemons cut into wedges
- ☐ 0.3 cup mirin) sweet
- ☐ 6 servings shiso (beefsteak plant leaves)
- ☐ 6 servings lemon-soy dipping sauce
- ☐ 6 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil

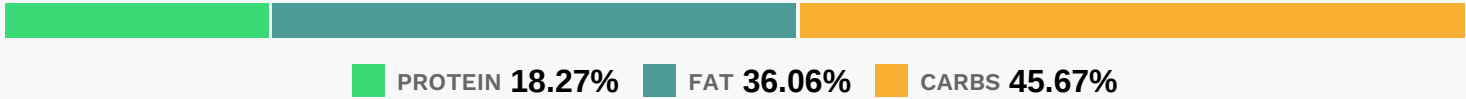
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 400°F. Rub 1 tablespoon oil over beef.
- ☐ Sprinkle beef with salt and pepper.
- ☐ Heat remaining 1 tablespoon oil in heavy large skillet over medium-high heat.
- ☐ Add beef to skillet and cook until brown, turning often, about 5 minutes.
- ☐ Transfer beef to roasting pan. Roast beef in oven until thermometer inserted into center registers 130°F for medium-rare, about 35 minutes. Cool.
- ☐ Combine soy sauce and next 6 ingredients in large resealable plastic bag.
- ☐ Add beef to marinade. Cover and refrigerate until beef is cold, turning in marinade occasionally, at least 4 hours and up to 1 day. Discard marinade from beef.
- ☐ Cut beef into 1/4-inch-thick slices. Cover and let stand at room temperature 30 minutes. Arrange beef on plates. Spoon small mounds of daikon, ginger and green onions onto plates.
- ☐ Garnish with lemon wedges and shiso.
- ☐ Serve with individual bowls of Lemon-Soy Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:12.937391265579%

Flavonoids

Eriodictyol: 7.93mg, Eriodictyol: 7.93mg, Eriodictyol: 7.93mg, Eriodictyol: 7.93mg Hesperetin: 10.77mg, Hesperetin: 10.77mg, Hesperetin: 10.77mg, Hesperetin: 10.77mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 8mg, Kaempferol: 8mg, Kaempferol: 8mg, Kaempferol: 8mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 11.5mg, Quercetin: 11.5mg, Quercetin: 11.5mg, Quercetin: 11.5mg

Nutrients (% of daily need)

Calories: 119.77kcal (5.99%), Fat: 4.83g (7.43%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 11.62g (4.23%), Sugar: 6.32g (7.02%), Cholesterol: 0mg (0%), Sodium: 2032.8mg (88.38%), Alcohol: 1.61g (100%), Alcohol %: 0.65% (100%), Protein: 5.5g (11.01%), Vitamin K: 109.97µg (104.73%), Vitamin C: 41.22mg (49.96%), Vitamin A: 1173.01IU (23.46%), Manganese: 0.33mg (16.66%), Potassium: 350.04mg (10%), Vitamin B6: 0.19mg (9.39%), Fiber: 2.14g (8.55%), Phosphorus: 85.23mg (8.52%), Magnesium: 33.94mg (8.49%), Vitamin B3: 1.68mg (8.42%), Iron: 1.44mg (7.98%), Calcium: 74.59mg (7.46%), Copper: 0.14mg (6.98%), Vitamin B2: 0.12mg (6.89%), Folate: 24.92µg (6.23%), Vitamin E: 0.84mg (5.61%), Vitamin B1: 0.08mg (5.28%), Vitamin B5: 0.37mg (3.73%), Zinc: 0.32mg (2.11%), Selenium: 1.29µg (1.84%)