



 **45%**
HEALTH SCORE

Green Thai Curry with Beef

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

READY IN



180 min.

SERVINGS



4

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz baby bok choy trimmed ()
- 1 can coconut milk
- 2 large carrots thinly sliced (diagonal)
- 2 tbsp curry powder green
- 2 tbsp fish sauce
- 20 oz flank steak
- 2 cloves garlic thinly sliced ()
- 1 tbsp juice of lemon

- 0.5 tsp lemon grass
- 4 servings cooking oil for cooking in wok
- 1 large onion sliced ()
- 1 and orange peppers thinly sliced ()
- 7 oz oyster mushrooms chopped ()
- 1 bell pepper red thinly sliced ()
- 1 tbsp rice vinegar
- 4 oz sugar snap peas thinly sliced (diagonal)
- 3 tbsp soya sauce
- 1 bell pepper yellow thinly sliced ()

Equipment

- whisk
- wok

Directions

- Prepare marinade.Slice beef.
- Add beef and marinade to freezer bag. Marinate for 2-4 in the fridge. The longer the better.Slice/chop all your veggies.Prepare your curry paste.
- Add oil to wok and heat.Cook beef until done, approximately 10 minutes.
- Remove from wok and set aside.
- Add onions and cook for about 2 minutes.
- Add carrots, peppers and mushrooms.When almost done (to your preferred tenderness) add snap peas and bok choy. Cook about 2 minutes.
- Remove veggies from wok and set aside.
- Add curry paste to wok and heat through.
- Add coconut milk and whisk until smooth.Bring to a boil.
- Add beef to the sauce.
- Add veggies to the beef/sauce mixture.

Heat through.

Serve over your choice of noodles or riice.

Nutrition Facts

PROTEIN 23.15% **FAT 60.77%** **CARBS 16.08%**

Properties

Glycemic Index:59.46, Glycemic Load:2.94, Inflammation Score:-10, Nutrition Score:42.76652173913%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Taste

Sweetness: 77.31%, Saltiness: 100%, Sourness: 44.95%, Bitterness: 30.31%, Savoriness: 68.32%, Fattiness: 76.74%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 658.52kcal (32.93%), Fat: 45.98g (70.74%), Saturated Fat: 25.26g (157.87%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 18.67g (6.79%), Sugar: 11.86g (13.18%), Cholesterol: 85.05mg (28.35%), Sodium: 1610.55mg (70.02%), Protein: 39.4g (78.81%), Vitamin C: 170.54mg (206.72%), Vitamin A: 9563.39IU (191.27%), Manganese: 1.52mg (75.78%), Selenium: 51.58µg (73.68%), Vitamin B3: 14.33mg (71.63%), Vitamin B6: 1.43mg (71.38%), Phosphorus: 539.02mg (53.9%), Zinc: 7.13mg (47.55%), Potassium: 1483.99mg (42.4%), Iron: 7.22mg (40.11%), Fiber: 8.72g (34.88%), Vitamin E: 5.01mg (33.38%), Magnesium: 132.56mg (33.14%), Copper: 0.64mg (31.99%), Folate: 127.02µg (31.75%), Vitamin B2: 0.48mg (28.51%), Vitamin K: 29.86µg (28.44%), Vitamin B5: 2.39mg (23.89%), Vitamin B1: 0.34mg (22.34%), Vitamin B12: 1.33µg (22.22%), Calcium: 143.44mg (14.34%), Vitamin D: 0.35µg (2.32%)