

food
network



HEALTH SCORE

84%

Grilled Marinated Hanger Steak Bulgogi-Style



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



2560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound picked bean sprouts
- ☐ 1 cup canola oil
- ☐ 4 servings canola oil to cook
- ☐ 0.3 cup korean chile flakes (gocho-karu)
- ☐ 0.5 cup korean chile bean paste (gochu-jan)
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 slices cucumbers english (hothouse)
- ☐ 0.5 cup garlic sliced

- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons garlic minced
- ☐ 1 tablespoon ginger minced
- ☐ 1 tablespoon coarse ground pepper black
- ☐ 1 juice of lemon
- ☐ 0.5 cup above marinade
- ☐ 2 large onions red
- ☐ 6 cups jasmine rice cooled cooked (usually day old)
- ☐ 0.3 cup rice vinegar
- ☐ 4 cups rice wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon salt
- ☐ 4 servings salt and pepper black to taste
- ☐ 1 cup scallions
- ☐ 1 cup scallions chopped
- ☐ 2 tablespoons scallions chopped
- ☐ 4 servings scallions green sliced for garnish
- ☐ 0.3 cup sesame seed oil
- ☐ 1 tablespoon sesame seed oil
- ☐ 0.3 cup soya sauce thin
- ☐ 2 tablespoons soya sauce thin
- ☐ 3 pounds hanger steak
- ☐ 0.3 cup sugar
- ☐ 4 thai bird chiles halved
- ☐ 4 large eggs whole

Equipment

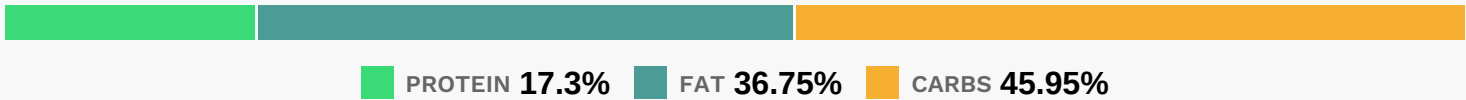
- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ grill
- ☐ wok

Directions

- ☐ In a food processor, add chile paste, garlic, ginger, vinegar, sugar, soy and black pepper. Blend well than drizzle in the oils. While still running, add the scallions and cilantro. Check for seasoning. It should not be salty since salt is added right before grilling.
- ☐ Remove 1/2 cup of the marinade and reserve for sauce. In a dish, completely coat the hanger with remaining marinade and let marinate overnight. On a hot, oiled grill, season hanger with salt and grill, about 8 minutes for medium-rare.
- ☐ For the kimchee: In a large non-reactive pan, heat the vinegar, sugar and salt. When boiling, add the cucumbers, onions, garlic, chile flake, chiles and scallions. Bring back to a boil, pull off heat and let stand to room temperature. Store in a glass jar with a loosened lid at room temperature to ferment slightly. After 2 days at room temperature, store in refrigerator.
- ☐ For the fried rice: In a hot wok coated with canola oil, quickly scramble the eggs to soft stage. Set aside. In the same hot wok coated with oil, add garlic, ginger and scallions. Cook until soft then add rice, bean sprouts, soy and sesame oil. Season and add back the eggs.
- ☐ Heat thoroughly and check for seasoning.
- ☐ Plating: On a large white plate, zig-zag the sauce.
- ☐ Place small mound of rice and top with hanger steak sliced in half, on the bias.
- ☐ Place kimchee on top and garnish with sesame seeds, scallions and fried shallots.
- ☐ Mix all in a bowl.

Nutrition Facts



Properties

Glycemic Index:146.32, Glycemic Load:146.89, Inflammation Score:-10, Nutrition Score:77.046956435494%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 19.15mg, Quercetin: 19.15mg, Quercetin: 19.15mg, Quercetin: 19.15mg

Nutrients (% of daily need)

Calories: 2559.79kcal (127.99%), Fat: 103.95g (159.92%), Saturated Fat: 28.98g (181.12%), Carbohydrates: 292.45g (97.48%), Net Carbohydrates: 268.46g (97.62%), Sugar: 32.44g (36.05%), Cholesterol: 393.52mg (131.17%), Sodium: 5116.15mg (222.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 110.13g (220.25%), Vitamin A: 14265.75IU (285.31%), Manganese: 4.97mg (248.32%), Selenium: 155.44µg (222.06%), Vitamin K: 229.71µg (218.78%), Vitamin B6: 3.35mg (167.61%), Zinc: 24.13mg (160.9%), Vitamin E: 22.91mg (152.74%), Vitamin B3: 28.3mg (141.49%), Phosphorus: 1204.13mg (120.41%), Iron: 19.55mg (108.61%), Vitamin B2: 1.82mg (106.87%), Vitamin B12: 6.09µg (101.54%), Fiber: 23.98g (95.94%), Copper: 1.69mg (84.64%), Potassium: 2785.61mg (79.59%), Magnesium: 271.66mg (67.92%), Vitamin B1: 0.81mg (54.08%), Vitamin C: 42.21mg (51.17%), Vitamin B5: 4.71mg (47.06%), Calcium: 419.62mg (41.96%), Folate: 163.15µg (40.79%), Vitamin D: 1.34µg (8.93%)