



Grilled Steak and Papaya Salad

READY IN



95 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds beef tenderloin
- ☐ 2 carrots shredded peeled
- ☐ 4 servings cilantro leaves chopped for garnish
- ☐ 2 tablespoons fish sauce
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 1 large papaya shredded green peeled
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon juice of lime fresh

- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 0.5 cup rice wine vinegar
- ☐ 0.3 cup roasted peanuts chopped for garnish
- ☐ 8 large romaine lettuce leaves red cut into strips
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 shallots peeled finely chopped
- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons sugar
- ☐ 1 thai bird chile chopped
- ☐ 2 thai bird chiles finely chopped
- ☐ 1 bunch watercress

Equipment

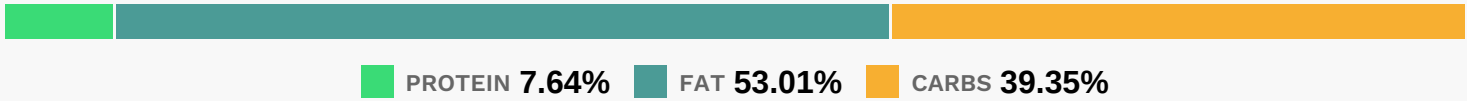
- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Place garlic, chile, soy sauce, lime juice, honey, and oil in a mini food processor and process until smooth.
- ☐ Place beef in a small baking dish, pour the marinade over, and turn to coat. Cover and marinate in the refrigerator for 1 hour.
- ☐ Preheat the grill to medium-high.
- ☐ Remove the beef from the marinade and season it with salt and pepper. Grill meat until charred and cooked to medium-rare doneness, about 10 to 12 minutes.
- ☐ Remove from grill and let rest 10 minutes before slicing into 1/4-inch thick slices.

- ☐
- In a small bowl, whisk together the shallot, chiles, mint, vinegar, sugar, and fish sauce. Set aside. In another bowl, toss the lettuce leaves and watercress together and then arrange the mixture on a platter.
- ☐
- Combine the papaya and carrots in a medium bowl. Evenly distribute the papaya mixture over the lettuce.
- ☐
- Drizzle with a few tablespoons of the dressing. Arrange the steak on top and drizzle steak with some more dressing.
- ☐
- Garnish with chopped peanuts and cilantro.

Nutrition Facts



Properties

Glycemic Index:104.24, Glycemic Load:12.58, Inflammation Score:-10, Nutrition Score:21.767826049224%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Hesperetin: 0.46mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Luteolin: 0.33mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 301.35kcal (15.07%), Fat: 18.53g (28.5%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 25.95g (9.44%), Sugar: 21.36g (23.74%), Cholesterol: 0mg (0%), Sodium: 1481.23mg (64.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Vitamin A: 11164.72IU (223.29%), Vitamin C: 73.12mg (88.63%), Vitamin K: 80.37µg (76.54%), Folate: 140.18µg (35.04%), Manganese: 0.58mg (29.02%), Fiber: 5g (19.98%), Vitamin E: 2.77mg (18.48%), Magnesium: 71.93mg (17.98%), Potassium: 604.01mg (17.26%), Vitamin B3: 2.85mg (14.24%), Vitamin B6: 0.28mg (13.77%), Phosphorus: 100.92mg (10.09%), Copper: 0.19mg (9.74%), Iron: 1.66mg (9.22%), Vitamin B1: 0.14mg (9.14%), Calcium: 84.3mg (8.43%), Vitamin B2: 0.13mg (7.64%), Vitamin B5: 0.59mg (5.89%), Selenium: 3.23µg (4.61%), Zinc: 0.64mg (4.24%)