



Hoisin beef with crispy noodle cake



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



796 kcal

SAUCE

Ingredients

- ☐ 300 g rump steak
- ☐ 3 tbsp hoisin sauce
- ☐ 1 small bunch mint leaves
- ☐ 6 radishes thinly sliced
- ☐ 3 eggs beaten
- ☐ 200 g egg noodle dried cooked
- ☐ 140 g stir-fry vegetable (we used beansprouts, spring onions, peppers, cabbage and mushrooms)
- ☐ 1 tbsp chilli sauce sweet

- ☐ 1 tbsp soya sauce
- ☐ 2 tbsp unrefined sunflower oil

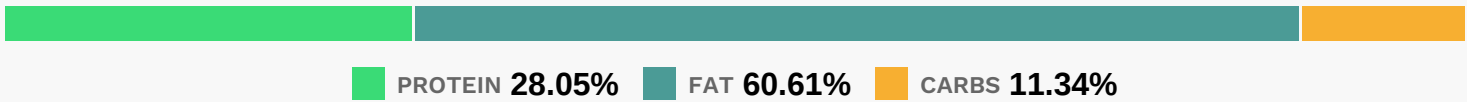
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In a shallow dish, coat the steak with the hoisin sauce and some black pepper. Leave to marinate while you make the noodle cake.
- ☐ Mix all the ingredients (apart from the oil) for the noodle cake with some black pepper in a medium-sized bowl.
- ☐ Heat half the oil in a medium-sized, non-stick frying pan (or omelette pan). Tip in the eggy mixture and cook over a medium heat for about 3–4 mins until golden. Turn over the easiest way is to put a flat plate on top of the frying pan invert to release the cake, then slide back in. Cook for another 3–4 mins, then slide out and keep warm in a low oven while you cook the steak.
- ☐ Give the pan a quick wipe and heat the rest of the oil. Cook the steak for about 2–3 mins each side (depending on the thickness of your steak) for medium-rare, or longer for well done. Rest for a couple of mins, then serve in slices, scattered with the mint and radish, with the noodle cake.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:1.2, Inflammation Score:-8, Nutrition Score:40.015652366306%

Flavonoids

Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg,

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 795.57kcal (39.78%), Fat: 53.05g (81.62%), Saturated Fat: 15.76g (98.5%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 19.36g (7.04%), Sugar: 13.24g (14.71%), Cholesterol: 702.24mg (234.08%), Sodium: 1309.76mg (56.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.24g (110.48%), Vitamin K: 146.43µg (139.46%), Selenium: 76.71µg (109.58%), Vitamin B12: 5.65µg (94.12%), Vitamin B2: 1.16mg (68.26%), Phosphorus: 640.26mg (64.03%), Vitamin E: 7.95mg (52.98%), Zinc: 7.51mg (50.04%), Vitamin B6: 0.94mg (46.94%), Iron: 7.55mg (41.97%), Folate: 144.24µg (36.06%), Vitamin A: 1681.54IU (33.63%), Vitamin B3: 6.64mg (33.19%), Vitamin B5: 3.14mg (31.39%), Potassium: 972.76mg (27.79%), Vitamin D: 3.32µg (22.13%), Magnesium: 76.08mg (19.02%), Vitamin C: 15.67mg (18.99%), Vitamin B1: 0.26mg (17.62%), Copper: 0.35mg (17.58%), Calcium: 169.7mg (16.97%), Manganese: 0.32mg (15.78%), Fiber: 2.97g (11.87%)