



WHATSheATE



HEALTH SCORE

89%

Honey & sesame beef noodles



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g pasta
- ☐ 2 tsp unrefined sunflower oil
- ☐ 125 g broccoli cut into short lengths (or Tenderstem)
- ☐ 100 g sugar snap peas halved
- ☐ 4 spring onion cut into short lengths
- ☐ 2 tbsp soya sauce reduced-salt
- ☐ 175 g rump steak lean thinly sliced
- ☐ 2 tsp sesame seed

☐ 2 tbsp clear honey

Equipment

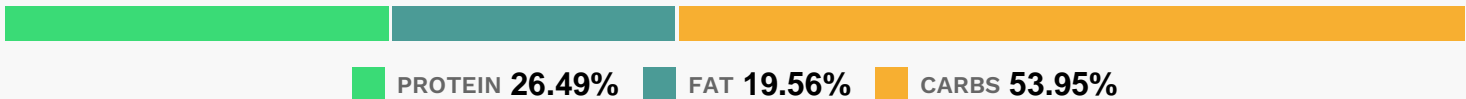
☐ bowl

☐ wok

Directions

- ☐ Cook the noodles in boiling salted water until just tender, then drain and rinse in cold water.
- ☐ Heat half the oil in a non-stick wok.
- ☐ Add the broccoli, peas and 2 tbsp water, then cover and steamfry for 3 mins.
- ☐ Remove the lid, add the spring onions and stir-fry for 2 mins, adding a splash more water if needed to cook the veg.
- ☐ Add the noodles and half the soy sauce and toss with the veg. Divide between 2 bowls and keep warm.
- ☐ Wipe out the wok and heat the remaining oil until smoking. Tip in the beef and stir-fry for 2 mins over a high heat, but dont move it around too much initially or it will release liquid and stew rather than fry. Tip in the sesame seeds, cook for 1 min more, then add the honey. Toss to coat the beef well, then add the remaining soy and bubble briefly. Spoon over the vegetables and noodles and serve immediately.

Nutrition Facts



Properties

Glycemic Index:83.14, Glycemic Load:10.41, Inflammation Score:-9, Nutrition Score:37.869130178638%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 467.93kcal (23.4%), Fat: 10.63g (16.35%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 65.98g (21.99%), Net Carbohydrates: 62.01g (22.55%), Sugar: 21.17g (23.53%), Cholesterol: 53.38mg (17.79%), Sodium: 1086.88mg

(47.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.4g (64.79%), Vitamin K: 127.31µg (121.25%), Vitamin C: 90.37mg (109.54%), Manganese: 1.99mg (99.36%), Selenium: 61.87µg (88.38%), Vitamin B3: 10.71mg (53.55%), Vitamin B6: 0.9mg (44.91%), Phosphorus: 421.83mg (42.18%), Zinc: 5.57mg (37.14%), Magnesium: 136.19mg (34.05%), Iron: 5.9mg (32.78%), Vitamin B1: 0.46mg (30.43%), Folate: 121.21µg (30.3%), Copper: 0.49mg (24.72%), Potassium: 828.93mg (23.68%), Vitamin A: 1172.34IU (23.45%), Vitamin B2: 0.34mg (19.87%), Vitamin E: 2.96mg (19.71%), Vitamin B5: 1.9mg (18.97%), Vitamin B12: 1.04µg (17.35%), Fiber: 3.97g (15.88%), Calcium: 137.01mg (13.7%)