



Hot Flank Steak Salad with Chinese Black Bean Dressing

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cilantro leaves
- ☐ 2 tablespoons cornstarch blended smoothly with 2 tbsp. water
- ☐ 3 tablespoons cooking sherry dry
- ☐ 0.3 cup fermented black beans salted rinsed drained (see Notes)
- ☐ 1.5 lbs flank steak
- ☐ 3 tablespoons ginger fresh minced
- ☐ 0.5 cup green onions thinly sliced

- ☐ 1.5 tablespoons brown sugar light
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 0.8 cup bell pepper diced red finely
- ☐ 6 tablespoons rice vinegar
- ☐ 15 large leaves romaine lettuce
- ☐ 0.5 cup peanuts salted
- ☐ 5 tablespoons soya sauce divided
- ☐ 1 tablespoon vegetable oil

Equipment

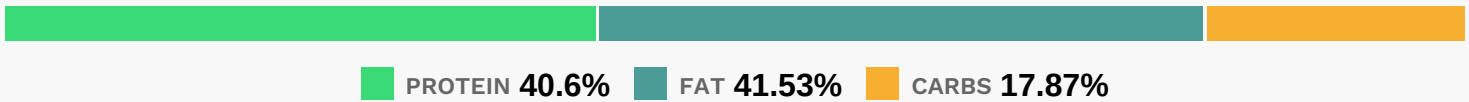
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ ziploc bags
- ☐ meat tenderizer

Directions

- ☐ Trim fat from steak. Rinse meat, pat dry, and rub with 1 tbsp. soy sauce and the oil.
- ☐ Lay steak on an oiled cooking grate over a solid bed of very hot coals or highest gas heat (you can hold your hand 1 to 2 in. above grate for only 1 to 2 seconds); cover gas grill. Cook until firm when pressed on thin end but still quite pink inside (cut to check), 8 to 10 minutes; turn over halfway through.
- ☐ Transfer steak to a plate.
- ☐ Let cool at least 30 minutes.
- ☐ On a board with a sharp knife, cut steak across the grain, straight up and down, into very thin slices, keeping slices in place.
- ☐ Cut steak lengthwise to divide the slices into halves or quarters.
- ☐ Combine 4 tbsp. soy sauce, broth, black beans, sherry, ginger, vinegar, cornstarch mixture, and brown sugar. In a large frying pan, stir dressing over high heat until boiling.

- ☐ Add steak and juices; stir until hot, about 2 minutes.
- ☐ Remove from heat.
- ☐ Put peanuts in a resealable plastic bag and coarsely crush with a meat mallet or bottom of a small, heavy skillet. Stack lettuce leaves and cut thinly widthwise.
- ☐ Mound lettuce equally into 6 wide salad or soup bowls. Spoon hot steak and dressing onto greens; sprinkle with bell pepper, green onions, and peanuts.
- ☐ Garnish with cilantro and serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:29.064782785333%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 336.58kcal (16.83%), Fat: 15.52g (23.88%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 10.7g (3.89%), Sugar: 5.5g (6.11%), Cholesterol: 68.04mg (22.68%), Sodium: 973.4mg (42.32%), Alcohol: 0.77g (100%), Alcohol %: 0.3% (100%), Protein: 34.14g (68.28%), Vitamin A: 6853.21IU (137.06%), Vitamin K: 99.61µg (94.87%), Vitamin B3: 10.51mg (52.54%), Selenium: 35.07µg (50.1%), Vitamin B6: 0.87mg (43.74%), Folate: 143.19µg (35.8%), Vitamin C: 28.74mg (34.84%), Phosphorus: 340.66mg (34.07%), Zinc: 4.96mg (33.08%), Manganese: 0.55mg (27.56%), Potassium: 813.11mg (23.23%), Iron: 3.56mg (19.76%), Vitamin B12: 1.07µg (17.85%), Fiber: 4.33g (17.33%), Magnesium: 68.59mg (17.15%), Vitamin B2: 0.25mg (14.66%), Copper: 0.26mg (13.11%), Vitamin B1: 0.2mg (13.08%), Vitamin B5: 1.13mg (11.27%), Calcium: 78.56mg (7.86%), Vitamin E: 0.99mg (6.59%)