



Japanese Beef Curry

READY IN



35 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons curry powder
- ☐ 12 ounce flank steak
- ☐ 3 tablespoons flour all-purpose
- ☐ 4 servings kosher salt
- ☐ 2 cups chicken broth low-sodium
- ☐ 1 cup peas-carrots mix shopping list frozen
- ☐ 4 servings pepper freshly ground
- ☐ 1 onion red chopped
- ☐ 1 teaspoon sugar

- ☐ 1 large turnip peeled cut into small cubes
- ☐ 4 tablespoons butter unsalted
- ☐ 12 ounces yukon gold potatoes cut into small cubes

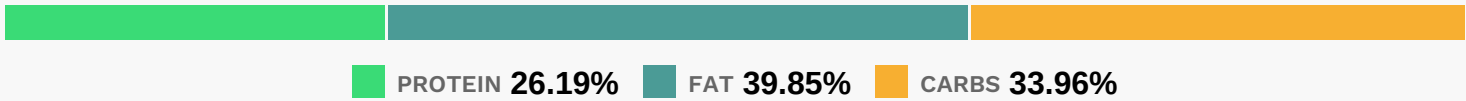
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Melt 1 tablespoon butter in a large pot over medium-high heat.
- ☐ Add the turnip, potatoes, all but 2 tablespoons of the chopped red onion and a pinch of salt. Cook, stirring occasionally, until the vegetables are slightly softened, about 3 minutes; remove to a plate.
- ☐ Melt 2 tablespoons butter in the pot.
- ☐ Sprinkle in the flour and curry powder; cook, stirring, 1 minute. Gradually whisk in the broth until smooth. Return the potato mixture to the pot; add the peas and carrots and the sugar. Bring to a boil, then reduce the heat to medium. Cover and simmer 10 minutes; uncover and simmer 5 more minutes. Season with salt and pepper.
- ☐ Season the steak with salt and pepper. Melt the remaining 1 tablespoon butter in a nonstick skillet over medium-high heat.
- ☐ Add the steak; cook 4 minutes per side.
- ☐ Let rest 5 minutes, then slice against the grain.
- ☐ Serve with the curry and rice. Top with the reserved red onion.
- ☐ Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:91.46, Glycemic Load:16.84, Inflammation Score:-10, Nutrition Score:23.255217609198%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 377.95kcal (18.9%), Fat: 17.11g (26.32%), Saturated Fat: 9.31g (58.2%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 27.27g (9.92%), Sugar: 4.83g (5.36%), Cholesterol: 81.13mg (27.04%), Sodium: 342.01mg (14.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.3g (50.6%), Vitamin A: 3706.19IU (74.12%), Vitamin B6: 0.92mg (46.22%), Vitamin B3: 8.96mg (44.81%), Selenium: 28.79µg (41.13%), Vitamin C: 32.66mg (39.59%), Phosphorus: 317.07mg (31.71%), Potassium: 1002.04mg (28.63%), Zinc: 4.15mg (27.66%), Manganese: 0.5mg (24.97%), Fiber: 5.53g (22.1%), Iron: 3.96mg (22%), Vitamin B1: 0.28mg (18.62%), Copper: 0.33mg (16.56%), Folate: 64.7µg (16.18%), Magnesium: 62.85mg (15.71%), Vitamin B12: 0.92µg (15.26%), Vitamin B2: 0.25mg (14.78%), Vitamin B5: 1.02mg (10.24%), Vitamin E: 1.26mg (8.42%), Calcium: 81.4mg (8.14%), Vitamin K: 6.95µg (6.62%), Vitamin D: 0.21µg (1.4%)