



Kale-and-Scallion Negimaki

 Dairy Free

READY IN



90 min.

SERVINGS



35

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound kale
- ☐ 0.3 cup mirin
- ☐ 1.5 tablespoons miso red
- ☐ 8 scallions quartered
- ☐ 0.5 teaspoon sesame oil toasted
- ☐ 35 servings sesame seed toasted for garnish
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup tamari sauce

- ☐ 1.5 pounds thick of tenderloin steak
- ☐ 35 servings vegetable oil for brushing

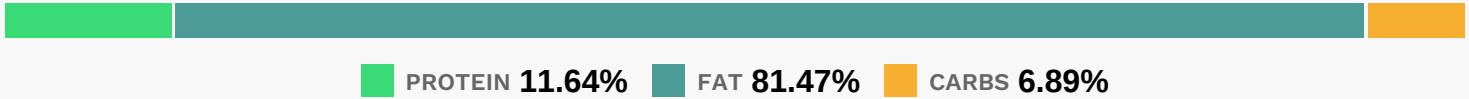
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ toothpicks
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a small bowl, whisk together the tamari, mirin, red miso, sugar and sesame oil.
- ☐ Spread 1 teaspoon of the mixture on each side of the beef slices. Refrigerate for 1 hour. Reserve the remaining marinade.
- ☐ In a saucepan of salted boiling water, cook the kale until bright green, 2 minutes.
- ☐ Drain and lightly squeeze out the excess water.
- ☐ On a work surface, lay out a slice of beef with a long side facing you.
- ☐ Place 1 scallion slice across the lower edge. Top with one-eighth of the kale; some of the kale should extend beyond the short sides of the meat.
- ☐ Roll the meat up over the filling very tightly. Secure the roll with 2 toothpicks. Repeat with the remaining meat, scallions and kale.
- ☐ Light a grill or preheat a grill pan.
- ☐ Brush the rolls with oil. Oil the grill grate. Grill the rolls over high heat until charred, 2 minutes.
- ☐ Brush the rolls with some marinade and grill for a few seconds more, until glazed.
- ☐ Transfer the rolls to a work surface. Discard the toothpicks.
- ☐ Cut the negimaki into 1-inch lengths.
- ☐ Transfer to a platter, cut sides up, and drizzle with the remaining marinade.
- ☐ Sprinkle with sesame seeds and serve.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:9.6852174738179%

Flavonoids

Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 208.26kcal (10.41%), Fat: 19.33g (29.74%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 2.34g (0.85%), Sugar: 0.95g (1.06%), Cholesterol: 12.44mg (4.15%), Sodium: 148.09mg (6.44%), Alcohol: 0.17g (100%), Alcohol %: 0.39% (100%), Protein: 6.21g (12.43%), Vitamin K: 57.15µg (54.43%), Copper: 0.35mg (17.62%), Vitamin A: 676.04IU (13.52%), Manganese: 0.26mg (13.03%), Selenium: 8.82µg (12.6%), Calcium: 101.46mg (10.15%), Vitamin B6: 0.2mg (10%), Phosphorus: 98.84mg (9.88%), Zinc: 1.45mg (9.69%), Iron: 1.68mg (9.33%), Magnesium: 36.25mg (9.06%), Vitamin B3: 1.77mg (8.85%), Vitamin E: 1.28mg (8.56%), Vitamin C: 6.57mg (7.96%), Vitamin B1: 0.09mg (5.88%), Fiber: 1.33g (5.33%), Vitamin B2: 0.07mg (4.22%), Folate: 16.5µg (4.12%), Potassium: 141.43mg (4.04%), Vitamin B12: 0.18µg (3.02%), Vitamin B5: 0.15mg (1.47%)