



WHATSheATE



Korean Steak Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 teaspoon pepper black freshly ground



3 tablespoons canola oil



1 large carrots cut into 2-inch-long matchstick-size strips



0.5 cup cilantro leaves fresh packed



0.3 cup t brown sugar dark packed



2 pound flank steak thick fat trimmed ()



0.5 cup cilantro leaves fresh finely chopped



2 large garlic clove minced

- ☐ 1 teaspoon ground coriander
- ☐ 6 servings guacamole for lindsay
- ☐ 1 jalapeno seeded finely chopped
- ☐ 3 cups napa cabbage shredded halved lengthwise
- ☐ 8 spring onion white green thinly sliced (and parts)
- ☐ 1 tablespoon sesame oil toasted
- ☐ 3 tablespoons soya sauce

Equipment

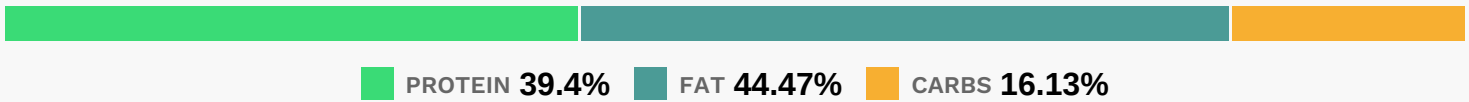
- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ cutting board

Directions

- ☐ To marinate the steak: In a large baking dish, whisk the cilantro, brown sugar, canola oil, soy sauce, sesame oil, garlic, jalapeños, black pepper, and coriander to blend well. Reserve 1/4 cup of the mixture in a small bowl for serving.
- ☐ Place the steak in the remaining marinade and turn to coat. Marinate for at least 20 minutes at room temperature, or cover and refrigerate for up to 1 day, turning occasionally. Cover and refrigerate the reserved marinade.
- ☐ Prepare an outdoor grill for medium-high cooking over direct heat.
- ☐ Remove the steak from the marinade (discard the marinade) and grill, turning halfway through cooking, for a total of about 10 minutes, until the meat feels only slightly resilient when pressed with a fingertip for medium-rare.
- ☐ Transfer the steak to a cutting board and let stand for 5 to 10 minutes.
- ☐ Meanwhile, prepare the tacos: In a large bowl, toss the cabbage, carrots, scallions, and cilantro together.
- ☐ Heat the tortillas on the grill, turning occasionally, for about 1 minute, or until hot.

- ☐
- Transfer to a serving bowl and cover to keep warm.
- ☐
- Cut the steak across the grain into 1/4-inch-thick slices.
- ☐
- Transfer the steak slices and any carving juices to a platter.
- ☐
- Serve the steak with the reserved marinade, tortillas, cabbage mixture, and guacamole.
- ☐
- Let each guest fill two tortillas with some steak and cabbage mixture and top with some of the marinade and guacamole.

Nutrition Facts



Properties

Glycemic Index:53.97, Glycemic Load:1.11, Inflammation Score:-9, Nutrition Score:24.352173784505%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 352.21kcal (17.61%), Fat: 17.28g (26.59%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 12.38g (4.5%), Sugar: 10.66g (11.84%), Cholesterol: 90.72mg (30.24%), Sodium: 601.42mg (26.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.46g (68.91%), Selenium: 45.4µg (64.86%), Vitamin K: 67.6µg (64.38%), Vitamin B6: 1.08mg (54.03%), Vitamin B3: 10.23mg (51.15%), Vitamin A: 2493.55IU (49.87%), Zinc: 6.07mg (40.43%), Phosphorus: 344.45mg (34.45%), Vitamin B12: 1.38µg (22.93%), Vitamin C: 17.95mg (21.75%), Potassium: 757.05mg (21.63%), Iron: 3.16mg (17.56%), Folate: 67.09µg (16.77%), Vitamin B2: 0.24mg (13.9%), Vitamin E: 2.08mg (13.89%), Manganese: 0.26mg (13.15%), Magnesium: 50.52mg (12.63%), Vitamin B5: 1.13mg (11.3%), Vitamin B1: 0.15mg (10.18%), Calcium: 93.74mg (9.37%), Copper: 0.18mg (8.94%), Fiber: 1.73g (6.93%)