



Laab (Northern Thai Spicy Beef Salad)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon bird chile minced
- ☐ 1 tablespoon pepper red crushed
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 6 garlic cloves minced
- ☐ 3 tablespoons green onions thinly sliced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon lime rind grated thinly sliced (8 leaves)
- ☐ 1 cup torn mint fresh

- ☐ 12 tender napa cabbage leaves or any sturdy lettuce leaves chinese ()
- ☐ 6 ounce pineapple juice canned
- ☐ 0.5 teaspoon sea salt
- ☐ 1 teaspoon sea salt
- ☐ 0.3 cup shallots minced
- ☐ 1.5 pounds rump steak boneless trimmed
- ☐ 2 tablespoons thai sticky rice long-grain uncooked
- ☐ 2 tablespoons thai fish sauce
- ☐ 0.5 cup water
- ☐ 1 teaspoon peppercorns white

Equipment

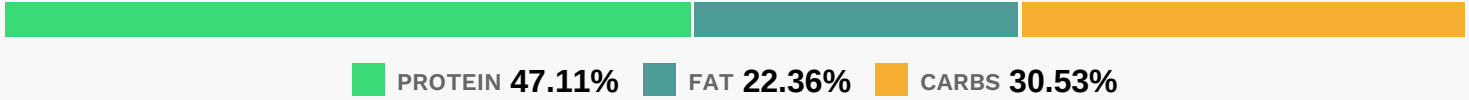
- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ To prepare rice powder, combine water and rice in a bowl.
- ☐ Let stand 1 hour.
- ☐ Drain and rinse rice with cold water; pat dry. Cook rice in a small nonstick skillet over medium-high heat 7 minutes, stirring constantly until lightly browned. Cool completely.
- ☐ Place rice in a spice or coffee grinder; process until rice resembles cornmeal. Set aside.
- ☐ To prepare marinade, place peppercorns in pan over medium-high heat, and cook for 3 minutes, stirring constantly or until toasted.
- ☐ Place peppercorns in spice or coffee grinder; process until ground.
- ☐ Combine ground pepper, 1 teaspoon salt, garlic, pineapple juice, and the steak in a large zip-top plastic bag; seal and marinate in refrigerator 30 minutes.

- ☐
- Preheat broiler.
- ☐
- Remove steak from bag, reserving the marinade.
- ☐
- Place steak on a broiler pan coated with cooking spray. Broil 16 minutes or until desired degree of doneness, turning and basting with reserved marinade after 8 minutes.
- ☐
- Cut the steak diagonally across grain into thin slices.
- ☐
- Cut slices crosswise into thin slivers.
- ☐
- Combine steak and lime juice in a large bowl.
- ☐
- Add rice powder, mint, and next 8 ingredients (mint through 1/2 teaspoon salt), and toss well. Spoon 1/3 cup steak mixture into each cabbage leaf.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:4.32, Inflammation Score:-8, Nutrition Score:20.895217553429%

Flavonoids

Eriodictyol: 2.48mg, Eriodictyol: 2.48mg, Eriodictyol: 2.48mg, Eriodictyol: 2.48mg Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 234.08kcal (11.7%), Fat: 5.84g (8.99%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 14.96g (5.44%), Sugar: 6.17g (6.85%), Cholesterol: 69.17mg (23.06%), Sodium: 1150.66mg (50.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.39%), Vitamin B6: 0.98mg (48.95%), Vitamin B3: 9.33mg (46.65%), Selenium: 31.53µg (45.05%), Vitamin K: 36.29µg (34.56%), Zinc: 5.17mg (34.49%), Vitamin C: 25.31mg (30.68%), Phosphorus: 278.76mg (27.88%), Vitamin B12: 1.38µg (22.97%), Manganese: 0.42mg (21.07%), Potassium: 714.38mg (20.41%), Vitamin A: 1004.34IU (20.09%), Folate: 79.55µg (19.89%), Iron: 3.2mg (17.78%), Magnesium: 62.51mg (15.63%), Calcium: 121.2mg (12.12%), Vitamin B2: 0.21mg (12.09%), Fiber: 2.98g (11.93%), Copper: 0.22mg (10.92%), Vitamin B1: 0.16mg (10.4%), Vitamin B5: 0.95mg (9.47%), Vitamin E: 1.02mg (6.8%)