



Pad See Ew (Thai Noodles with Beef and Broccoli)

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



310 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli
- 1 tablespoon cornstarch
- 1 eggs
- 1 tablespoon fish sauce
- 1 teaspoon garlic crushed
- 1 pinch pepper black to taste
- 3 tablespoons oyster sauce

- 0.5 pound beef rib steak sliced thin
- 8 ounce vermicelli
- 8 ounce vermicelli
- 3 tablespoons soya sauce
- 1 tablespoon vegetable oil
- 0.5 cup water
- 1 tablespoon granulated sugar white

Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Place the dry rice noodles in a bowl, cover with hot water, and let soak until white and soft but not mushy, about 10 minutes.
- Drain and set aside.
- Bring a small pot of water to a boil; cook the broccoli in the boiling water until cooked and still firm, 5 to 7 minutes.
- Drain and set aside.
- Heat the oil in a skillet over medium heat; cook the garlic in the hot oil until fragrant, 3 to 5 minutes. Stir in the sliced steak; cover the skillet and cook until the meat is just turning from pink to grey, 5 to 7 minutes.
- Whisk the water and cornstarch together in a bowl; pour into the skillet along with the oyster sauce, soy sauce, fish sauce, and sugar.
- Add the rice noodles and broccoli and stir to mix evenly. Season with salt and pepper. Allow the mixture to simmer while you prepare the egg.
- Prepare a small skillet with cooking spray and heat over medium-low heat. Cook the egg in the prepared skillet until cooked through and the yolk is solid.

Add the cooked egg to the other skillet and stir to incorporate.

Serve hot.

Nutrition Facts

PROTEIN 12.6% **FAT 19.55%** **CARBS 67.85%**

Properties

Glycemic Index:36.89, Glycemic Load:28.12, Inflammation Score:-2, Nutrition Score:7.8378260887187%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg 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: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 310.44kcal (15.52%), Fat: 6.62g (10.19%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 51.7g (17.23%), Net Carbohydrates: 50.41g (18.33%), Sugar: 1.9g (2.12%), Cholesterol: 37.75mg (12.58%), Sodium: 868.24mg (37.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.2%), Selenium: 18.09µg (25.84%), Manganese: 0.36mg (17.9%), Phosphorus: 156.86mg (15.69%), Vitamin K: 14.81µg (14.11%), Zinc: 2.04mg (13.58%), Vitamin C: 9.95mg (12.06%), Vitamin B3: 2.01mg (10.04%), Vitamin B12: 0.56µg (9.3%), Vitamin B6: 0.18mg (8.92%), Vitamin B2: 0.14mg (8%), Iron: 1.26mg (7.03%), Magnesium: 22.93mg (5.73%), Fiber: 1.29g (5.15%), Copper: 0.1mg (5.01%), Potassium: 161.5mg (4.61%), Vitamin B1: 0.06mg (3.88%), Folate: 15.45µg (3.86%), Calcium: 26.13mg (2.61%), Vitamin B5: 0.21mg (2.08%), Vitamin A: 102.85IU (2.06%), Vitamin E: 0.28mg (1.89%)