



Pad See Ew (Thai Noodles with Beef and Broccoli)

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bite size broccoli pieces
- ☐ 1 tablespoon cornstarch
- ☐ 1 eggs
- ☐ 1 tablespoon fish sauce
- ☐ 1 teaspoon garlic crushed
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 3 tablespoons oyster sauce

- ☐ 0.5 pound rib-eye steak sliced thin
- ☐ 8 ounce wide rice noodles
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water
- ☐ 1 tablespoon sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

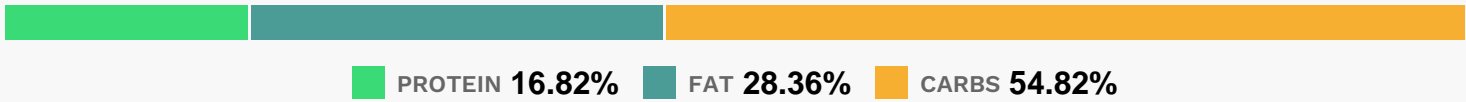
Directions

- ☐ 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



Properties

Glycemic Index:29.64, Glycemic Load:14.7, Inflammation Score:-2, Nutrition Score:6.6952173891275%

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: 207.25kcal (10.36%), Fat: 6.46g (9.94%), Saturated Fat: 2.27g (14.22%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 27.27g (9.92%), Sugar: 1.9g (2.12%), Cholesterol: 37.75mg (12.58%), Sodium: 816.64mg (35.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.25%), Selenium: 13.81µg (19.73%), Vitamin K: 14.81µg (14.11%), Zinc: 1.83mg (12.18%), Vitamin C: 9.95mg (12.06%), Phosphorus: 113.49mg (11.35%), Manganese: 0.22mg (10.84%), Vitamin B3: 1.95mg (9.73%), Vitamin B12: 0.56µg (9.3%), Vitamin B6: 0.17mg (8.71%), Vitamin B2: 0.13mg (7.72%), Iron: 1.07mg (5.92%), Magnesium: 19.53mg (4.88%), Potassium: 153mg (4.37%), Copper: 0.08mg (3.9%), Folate: 14.6µg (3.65%), Fiber: 0.83g (3.34%), Vitamin B1: 0.05mg (3.3%), Calcium: 21.03mg (2.1%), Vitamin A: 102.85IU (2.06%), Vitamin B5: 0.19mg (1.93%), Vitamin E: 0.28mg (1.89%)