



HEALTH SCORE

54%

Seared beef & papaya salad with tamarind soy dressing



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



618 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 300 g sirloin beef steaks fat removed
- ☐ 2 servings vegetable oil for greasing
- ☐ 100 g baby spinach leaves
- ☐ 2 but papayas firm ripe peeled deseeded sliced
- ☐ 1 small pack coriander leaves picked
- ☐ 1 small pack mint leaves picked
- ☐ 0.5 large cucumber sliced

- ☐ 4 spring onion thinly sliced
- ☐ 1 chilli red thinly sliced
- ☐ 3 tbsp onion crispy
- ☐ 2 tbsp tamarind purée
- ☐ 1 tsp garlic grated
- ☐ 2 juice of lime
- ☐ 3 tbsp brown sugar soft
- ☐ 1.5 tbsp fish sauce
- ☐ 1 large pinch chilli flakes

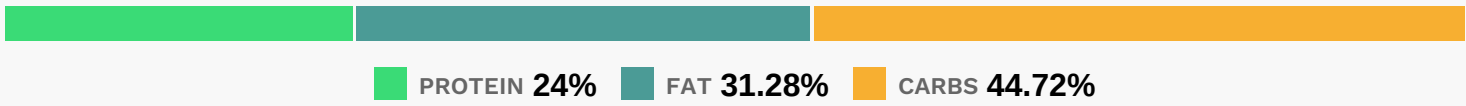
Equipment

- ☐ frying pan

Directions

- ☐ Season the steak well.
- ☐ Heat a lightly oiled griddle or frying pan. Sear the steaks for 2 mins each side, then remove and leave to rest for 5 mins. When rested, thinly slice.
- ☐ Mix the dressing ingredients together with 1 tbsp water until the sugar is dissolved. Arrange the spinach, beef, papaya, herbs, cucumber, spring onions and chilli on a platter.
- ☐ Pour the dressing over half the salad and sprinkle with the crispy onions.
- ☐ Serve the remaining dressing on the side or save for making another salad.

Nutrition Facts



Properties

Glycemic Index:168.38, Glycemic Load:23.7, Inflammation Score:-10, Nutrition Score:45.345652041228%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 2.74mg, Hesperetin: 2.74mg, Hesperetin: 2.74mg, Hesperetin: 2.74mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg,

Naringenin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg

Nutrients (% of daily need)

Calories: 618.32kcal (30.92%), Fat: 22.32g (34.34%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 71.82g (23.94%), Net Carbohydrates: 62.85g (22.86%), Sugar: 51.56g (57.28%), Cholesterol: 91.5mg (30.5%), Sodium: 1228.39mg (53.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.08%), Vitamin K: 338.8µg (322.67%), Vitamin C: 249.83mg (302.83%), Vitamin A: 8205.41IU (164.11%), Vitamin B6: 1.4mg (69.96%), Folate: 275.55µg (68.89%), Vitamin B3: 13.72mg (68.61%), Selenium: 42.86µg (61.23%), Potassium: 1806.45mg (51.61%), Magnesium: 200.04mg (50.01%), Zinc: 7.11mg (47.43%), Phosphorus: 425.71mg (42.57%), Manganese: 0.82mg (41.24%), Fiber: 8.96g (35.85%), Iron: 6.08mg (33.8%), Vitamin B12: 1.85µg (30.83%), Vitamin E: 4mg (26.7%), Vitamin B2: 0.44mg (25.69%), Copper: 0.46mg (23.02%), Calcium: 226.45mg (22.64%), Vitamin B1: 0.33mg (22.32%), Vitamin B5: 1.95mg (19.55%)