



Shaking Beef

 Gluten Free

READY IN



165 min.

SERVINGS



4

CALORIES



297 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 servings barbecue sauce
- ☐ 7 tablespoons canola oil divided
- ☐ 1.5 pounds frangelico trimmed cut into 1-in. cubes
- ☐ 1 tablespoon garlic finely chopped
- ☐ 3 spring onion ends trimmed cut into 1-in. lengths
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons mirin
- ☐ 1 teaspoon pepper

- ☐ 1 cup onion red thinly sliced
- ☐ 2 tablespoons rice vinegar
- ☐ 1 tablespoon soya sauce
- ☐ 2 teaspoons soya sauce dark
- ☐ 1 tablespoon sugar divided
- ☐ 0.5 teaspoon thai fish sauce
- ☐ 1 tablespoon butter unsalted
- ☐ 1 bunch watercress

Equipment

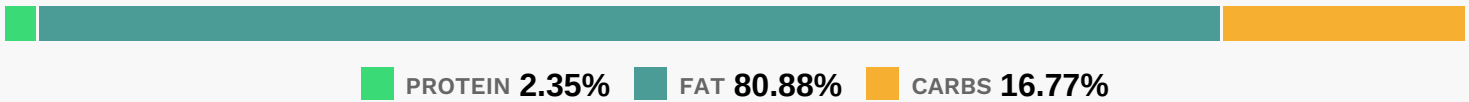
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Mix beef with 1 tsp. sugar, the salt, pepper, and 1 tbsp. oil in a bowl.
- ☐ Let marinate at room temperature 2 hours.
- ☐ Whisk together remaining 1 tbsp. sugar, the vinegar, mirin, soy sauces, and fish sauce until sugar has dissolved.
- ☐ Divide meat into 2 equal portions.
- ☐ Heat a large wok or a large (not nonstick) frying pan over high heat until very hot but not smoking. The metal will have a matte look and a drop of water flicked onto its surface should evaporate on contact.
- ☐ Add 3 tbsp. oil to wok and heat until shimmering but not smoking.
- ☐ Add half the beef in a single layer and sear until a brown crust forms underneath, about 30 seconds. Flip cubes and cook 30 seconds on second side.
- ☐ Add half each of red and green onions and cook, stirring, about 30 seconds.
- ☐ Add half the soy sauce mixture and shake wok to coat beef.
- ☐ Add half each of garlic and butter and shake wok to distribute evenly.

- ☐
- Transfer to a bowl and keep warm.
- ☐
- Wipe wok clean and return to high heat. Repeat steps 4 and 5 with remaining 3 tbsp. oil, beef, red and green onions, sauce mixture, garlic, and butter.
- ☐
- Arrange watercress on a platter; top with beef and vegetables.
- ☐
- Serve with sauce.
- ☐
- *Dark soy sauce is thicker, darker, and less salty than regular soy; find it at Asian markets and well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:75.77, Glycemic Load:3.37, Inflammation Score:-6, Nutrition Score:6.6986956389054%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg

Nutrients (% of daily need)

Calories: 297.45kcal (14.87%), Fat: 27.45g (42.23%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 11.62g (4.23%), Sugar: 7.43g (8.25%), Cholesterol: 7.53mg (2.51%), Sodium: 1141.14mg (49.61%), Alcohol: 0.85g (100%), Alcohol %: 0.38% (100%), Protein: 1.79g (3.58%), Vitamin K: 53µg (50.48%), Vitamin E: 4.5mg (30.02%), Manganese: 0.22mg (11.25%), Vitamin C: 7.97mg (9.66%), Vitamin A: 382.68IU (7.65%), Vitamin B6: 0.11mg (5.33%), Fiber: 1.18g (4.73%), Potassium: 140.09mg (4%), Folate: 15.93µg (3.98%), Phosphorus: 33.69mg (3.37%), Calcium: 32.88mg (3.29%), Magnesium: 13.07mg (3.27%), Iron: 0.51mg (2.85%), Copper: 0.05mg (2.67%), Vitamin B1: 0.04mg (2.56%), Vitamin B2: 0.04mg (2.51%), Vitamin B3: 0.45mg (2.23%), Vitamin B5: 0.13mg (1.29%), Selenium: 0.85µg (1.22%), Zinc: 0.18mg (1.2%)