



Sichuan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef stock
- ☐ 1 pound beef loin strip steak (or fish fillets, or chicken breasts, or pork loin)
- ☐ 0.3 pound celery chinese (or celery)
- ☐ 0.5 cup chili red dry
- ☐ 0.3 cup chili sauce hot chinese (or bean paste)
- ☐ 0.3 cup corn oil
- ☐ 2 tablespoons corn oil
- ☐ 5 tablespoons corn oil divided

- ☐ 3 tablespoons cornstarch
- ☐ 1 tablespoon ginger fresh minced
- ☐ 0.3 pound leeks chinese (or leeks or scallions)
- ☐ 0.3 pound stem lettuce (or napa cabbage)
- ☐ 1 tablespoon soya sauce light
- ☐ 3 tablespoons soya sauce light
- ☐ 2 tablespoons sichuan peppercorns chinese (available in markets)
- ☐ 2 teaspoons rice wine
- ☐ 3 tablespoons rice wine
- ☐ 1 tablespoon scallion chopped
- ☐ 2 tablespoons scallion chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok
- ☐ cutting board
- ☐ chefs knife

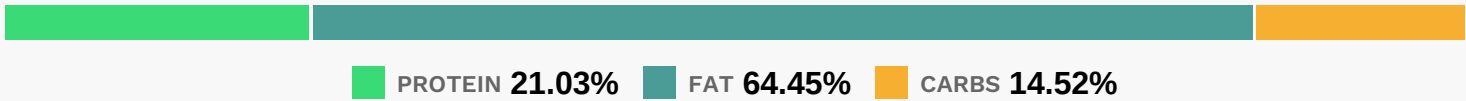
Directions

- ☐ Mix rice wine and soy sauce in a large bowl and add cornstarch gradually while whisking constantly. Slice beef into thin pieces and place into bowl with marinade stirring to coat.
- ☐ Let marinate for at least 30 minutes.
- ☐ Prepare garnish by heating 1 tablespoon of the oil in a saute pan, reserving the other 4 tablespoons.
- ☐ Add the Sichuan peppercorn and dry chili and cook until the chili turns dark red. (Do not allow it to turn black.)
- ☐ Remove the cooked peppercorn and chili to a cutting board and use the side a large chef's knife blade to smash it. Then chop it into pieces and transfer to a small dish. Keep the saute

pan handy for the final touches.

- ☐ Prepare vegetables by washing and cutting celery, leeks, and lettuce into 3-inch lengths.
- ☐ Heat the 2 tablespoons of corn oil in a wok, add scallions and stir once.
- ☐ Add the celery, leeks, and lettuce and stir-fry for 20 seconds over high heat.
- ☐ Remove and place in a large shallow serving bowl.
- ☐ To cook beef, heat the 1/4 cup corn oil in the wok and add ginger, scallion, and chili sauce. Cook until the oil turns red from the chili.
- ☐ Add wine, soy sauce and stock. When the mixture begins to boil, add marinated beef and gently stir to cook. As soon as beef is completely cooked, remove from wok and place beef over vegetables in serving bowl and pour sauce from wok over it.
- ☐ Heat the remaining 1/4 cup of oil for the garnish in the saute pan, and when it begins to smoke slightly, pour the oil over the Sichuan peppercorns and chili in the small dish.
- ☐ Serve everything immediately.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:31.314347972041%

Flavonoids

Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 593.75kcal (29.69%), Fat: 42.07g (64.73%), Saturated Fat: 3.9g (24.37%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 17.24g (6.27%), Sugar: 5.76g (6.4%), Cholesterol: 72.57mg (24.19%), Sodium: 1637.19mg (71.18%), Alcohol: 2.21g (100%), Alcohol %: 0.64% (100%), Protein: 30.89g (61.78%), Vitamin K: 133.66µg (127.29%), Vitamin B3: 14.51mg (72.57%), Vitamin A: 3279.94IU (65.6%), Vitamin B6: 1.15mg (57.64%), Selenium: 39.19µg (55.99%), Vitamin C: 39.31mg (47.65%), Manganese: 0.91mg (45.62%), Vitamin E: 6.75mg (44.99%), Phosphorus: 353.23mg (35.32%), Potassium: 1114.97mg (31.86%), Folate: 86.85µg (21.71%), Vitamin B2: 0.35mg (20.53%), Vitamin B5: 1.93mg (19.29%), Magnesium: 75.41mg (18.85%), Fiber: 4.09g (16.37%), Iron: 2.86mg (15.87%), Copper: 0.29mg (14.34%), Vitamin B1: 0.2mg (13.46%), Calcium: 92.49mg (9.25%), Zinc: 1.32mg (8.78%), Vitamin B12: 0.23µg (3.78%)