



WHATSheATE



Skewered beef with oyster sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 150 ml oyster sauce
- ☐ 50 ml chicken stock see
- ☐ 2 long chillies red sliced (seeds in if you want, or out if not)
- ☐ 2 spring onion sliced
- ☐ 12 bamboo skewers
- ☐ 400 g rump steak cut into 4cm strips
- ☐ 50 ml soya sauce light
- ☐ 1 tsp sesame oil

- ☐ 12 servings vegetable oil for griddling
- ☐ 12 servings lime wedges

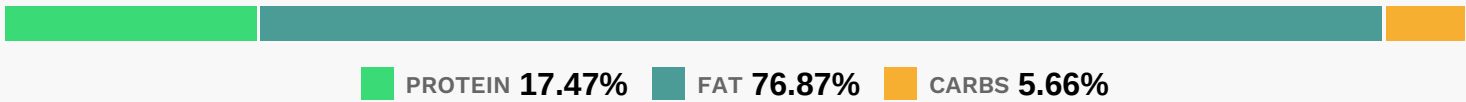
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak the wooden skewers in warm water for 1 hr before you want to use them. Drop the meat into a bowl with the soy sauce and sesame oil and leave for a while, preferably 1 hr. Thread onto skewers and refrigerate until you need them. Can be done up to 1 day ahead.
- ☐ Heat a griddle until very hot, then sprinkle the meat with a little oil. Hang the meat-free ends of the skewers over the side of the pan so theyre easy to turn. These need to cook quick and fast, so think heat, heat and more heat. Turn them every 30 secs or so; cook for 4–5 mins in total. They should be slightly crisp outside but cooked inside.
- ☐ Heat the oyster sauce with the stock, then take off the heat and stir in the sliced chilli and spring onions. Spoon over the beef and serve with the lime wedges.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:6.6482608512692%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 186.43kcal (9.32%), Fat: 16.04g (24.68%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 2.66g (0.89%),
Net Carbohydrates: 2.38g (0.87%), Sugar: 0.62g (0.68%), Cholesterol: 20.46mg (6.82%), Sodium: 589mg (25.61%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.41%), Vitamin K: 31.43µg (29.94%), Vitamin B3: 2.99mg
(14.94%), Vitamin C: 11.48mg (13.91%), Selenium: 9.22µg (13.18%), Vitamin B6: 0.25mg (12.7%), Zinc: 1.45mg (9.66%),
Vitamin E: 1.33mg (8.89%), Phosphorus: 81.88mg (8.19%), Vitamin B12: 0.45µg (7.45%), Potassium: 165.21mg
(4.72%), Iron: 0.79mg (4.39%), Vitamin B2: 0.07mg (4.07%), Copper: 0.06mg (3.16%), Magnesium: 12.19mg (3.05%),
Folate: 10.23µg (2.56%), Vitamin B5: 0.25mg (2.54%), Manganese: 0.05mg (2.52%), Vitamin B1: 0.03mg (2.17%),
Vitamin A: 92.1IU (1.84%), Calcium: 17.1mg (1.71%), Fiber: 0.28g (1.1%)