



Soy-Ginger Beef and Noodle Salad with Peanut Dressing

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



643 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 24 ounce cucumbers peeled halved lengthwise seeded
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 bunch mint leaves fresh
- ☐ 8 large green onions halved lengthwise
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon honey

- ☐ 2 tablespoons juice of lime fresh
- ☐ 6 servings lime wedges
- ☐ 0.8 pound pasta
- ☐ 1 tablespoon oriental sesame oil
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.5 cup roasted peanuts salted coarsely chopped
- ☐ 0.7 cup smooth peanut butter
- ☐ 5 tablespoons soya sauce
- ☐ 3 tea bags of tea black chinese
- ☐ 1.3 pound beef top sirloin steaks cut into 3-inch strips
- ☐ 2 tablespoons unseasoned rice vinegar
- ☐ 1.3 cups water boiling
- ☐ 1 bunch watercress

Equipment

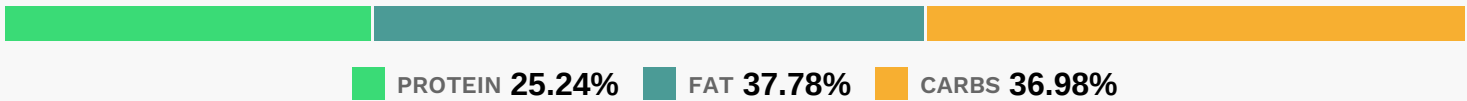
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ grill pan
- ☐ peeler

Directions

- ☐ Combine 1 1/4 cups boiling water and tea bags and steep 5 minutes.
- ☐ Place peanut butter in medium bowl.
- ☐ Add 3/4 cup tea, soy sauce, lime juice, and cayenne.

- ☐ Whisk dressing to blend well. (Can be made 1 day ahead. Cover and refrigerate. Bring to room temperature before continuing.)
- ☐ Mix in watercress and mint.
- ☐ Combine soy sauce, vinegar, ginger, honey, crushed red pepper, and cumin in large bowl; whisk to blend.
- ☐ Add beef and toss to coat. Marinate at room temperature at least 1 hour and up to 2 hours, stirring occasionally.
- ☐ Cook linguine in large pot of boiling salted water until tender but still firm to bite.
- ☐ Drain. Rinse with cold water; drain again.
- ☐ Transfer linguine to large bowl.
- ☐ Mix in sesame oil. Using vegetable peeler, cut cucumber halves lengthwise into long thin ribbons; arrange on paper towels to drain.
- ☐ Drain marinade from beef into medium saucepan; boil 2 minutes over high heat. Cool.
- ☐ Heat grill pan or large ridged cast-iron skillet over high heat 4 minutes. Working in batches, grill beef until just brown outside but rare inside, about 1 minute per side.
- ☐ Transfer beef to bowl.
- ☐ Add cucumbers, green onions, and cooled marinade to linguine.
- ☐ Add dressing and toss to coat. Season salad with salt and pepper. Arrange mint and watercress around edge of large platter. Mound noodle salad in center; top with beef.
- ☐ Garnish with peanuts and lime wedges.

Nutrition Facts



Properties

Glycemic Index:56.05, Glycemic Load:20.16, Inflammation Score:-8, Nutrition Score:33.553912992063%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg

Kaempferol: 1.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 643.32kcal (32.17%), Fat: 27.57g (42.42%), Saturated Fat: 5.59g (34.92%), Carbohydrates: 60.72g (20.24%), Net Carbohydrates: 54.34g (19.76%), Sugar: 10.17g (11.3%), Cholesterol: 55.75mg (18.58%), Sodium: 1088.43mg (47.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.45g (82.89%), Selenium: 67.66µg (96.66%), Vitamin K: 89.56µg (85.29%), Manganese: 1.49mg (74.7%), Vitamin B3: 13.62mg (68.1%), Phosphorus: 513.99mg (51.4%), Vitamin B6: 0.96mg (48.11%), Zinc: 6mg (40.03%), Magnesium: 151.78mg (37.94%), Potassium: 1043.23mg (29.81%), Copper: 0.59mg (29.6%), Folate: 104.51µg (26.13%), Fiber: 6.38g (25.52%), Iron: 4.49mg (24.96%), Vitamin E: 3.41mg (22.73%), Vitamin B1: 0.27mg (18.11%), Vitamin B2: 0.3mg (17.93%), Vitamin B5: 1.72mg (17.2%), Vitamin C: 13.86mg (16.8%), Vitamin B12: 0.89µg (14.8%), Vitamin A: 716IU (14.32%), Calcium: 115.96mg (11.6%)