

## Soy-glazed beef

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.8 kg beef joint boneless such as sirloin or top rump
- ☐ 1 tablespoon brandy
- ☐ 4 garlic cloves roughly chopped
- ☐ 1 chilli red deseeded roughly chopped
- ☐ 1 large knob ginger peeled chopped
- ☐ 3 tbsp teriyaki sauce
- ☐ 3 tbsp tomato ketchup

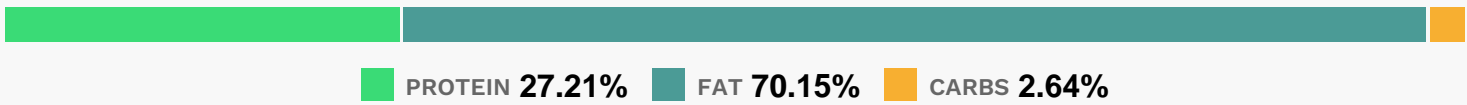
## Equipment

- ☐ blender
- ☐ aluminum foil

## Directions

- ☐ To make the marinade, blitz the garlic, chilli and ginger in a blender until finely chopped.
- ☐ Add the soy or teriyaki sauce and ketchup, then pulse until completely blended.
- ☐ Put the beef in a dish and smear over the marinade. Leave in the fridge to marinate for up to 24 hours, the longer the better.
- ☐ To cook the beef, fire up the barbecue and, when flames subside and coals glow, lay it fat side down and char for about 5 mins to get fat sizzling. Flip it over and cook for 40 mins for medium rare, turning occasionally until all sides are charred. If the barbecue has a lid, use it for a smokier flavour. A few mins before taking the beef off, drizzle over brandy or bourbon (if using) to flamb the meat.
- ☐ Lift the meat onto a board, cover with foil and leave to rest for at least 10 mins. Carve the beef into slices like a roast and serve with any juices.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:26.35782628474%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 790.48kcal (39.52%), Fat: 60.05g (92.39%), Saturated Fat: 23.03g (143.91%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.89g (1.78%), Sugar: 3.5g (3.89%), Cholesterol: 213mg (71%), Sodium: 623.86mg (27.12%), Alcohol: 0.83g (100%), Alcohol %: 0.32% (100%), Protein: 52.4g (104.81%), Vitamin B12: 6.42µg (107%), Zinc: 12.61mg (84.05%), Vitamin B3: 13.03mg (65.13%), Selenium: 45.48µg (64.97%), Vitamin B6: 1.05mg (52.72%), Phosphorus: 496.51mg (49.65%), Iron: 6.12mg (33.98%), Vitamin B2: 0.47mg (27.84%), Potassium: 887.05mg (25.34%), Vitamin B5: 1.56mg (15.55%), Magnesium: 59.89mg (14.97%), Vitamin C: 11.76mg (14.25%), Copper: 0.22mg (10.79%), Vitamin B1: 0.14mg (9.48%), Vitamin E: 1.41mg (9.39%), Vitamin K: 6.74µg (6.42%), Calcium: 62.22mg (6.22%),

Folate: 24.29µg (6.07%), Manganese: 0.09mg (4.34%), Vitamin A: 115.18IU (2.3%), Vitamin D: 0.3µg (2%)