



Speedy Thai beef salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



685 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g rice
- ☐ 2 sirloin steak
- ☐ 1 juice of lime
- ☐ 2 tbsp vegetable oil
- ☐ 2 tbsp fish sauce
- ☐ 2 pepper flakes red seeded cut into long strips
- ☐ 20 g cilantro leaves leaves picked
- ☐ 40 g basil leaves picked

- ☐ 4 servings chilli sauce sweet
- ☐ 300 g frangelico
- ☐ 300 g frangelico

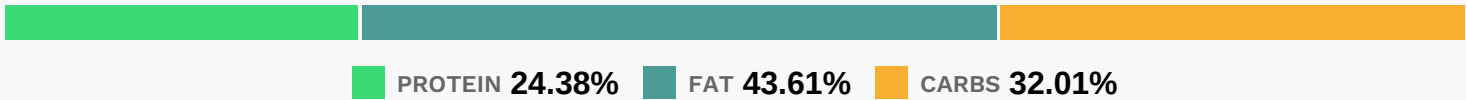
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Put the noodles in a large heatproof bowl.
- ☐ Pour over a kettleful of water and leave for about 4 mins until softened.
- ☐ Drain in a colander then rinse under cold water.
- ☐ Heat a heavy non-stick frying pan over a high heat. Trim any fat from the steaks. When hot, sear the steaks for 2-3 mins each side.
- ☐ Remove from the heat and leave to rest while you make the salad.
- ☐ Mix together the lime juice, vegetable oil and fish sauce, add the strips of chilli and give it a good stir.
- ☐ Combine the beansprouts, coriander and basil, then stir in the lime and chilli mix.
- ☐ Thinly slice the steaks into strips and toss together with the other ingredients. Divide the noodles between four plates and pile the beef salad on top.
- ☐ Serve with sweet chilli sauce, if you like.

Nutrition Facts



Properties

Glycemic Index:52.05, Glycemic Load:30.9, Inflammation Score:-8, Nutrition Score:28.108695755834%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 685.17kcal (34.26%), Fat: 32.61g (50.17%), Saturated Fat: 11.38g (71.14%), Carbohydrates: 53.85g (17.95%), Net Carbohydrates: 52.37g (19.04%), Sugar: 2.27g (2.53%), Cholesterol: 95.2mg (31.73%), Sodium: 816.3mg (35.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.02g (82.03%), Vitamin B12: 4.77µg (79.49%), Vitamin K: 72.76µg (69.3%), Selenium: 38.5µg (55%), Vitamin B6: 0.92mg (46.19%), Vitamin C: 37.78mg (45.79%), Manganese: 0.9mg (45.13%), Zinc: 6.45mg (42.97%), Vitamin B3: 7.82mg (39.08%), Phosphorus: 387.03mg (38.7%), Iron: 4.63mg (25.74%), Vitamin B2: 0.38mg (22.23%), Potassium: 759.87mg (21.71%), Vitamin A: 1083.93IU (21.68%), Magnesium: 78.85mg (19.71%), Copper: 0.36mg (17.85%), Vitamin B1: 0.24mg (15.98%), Vitamin B5: 1.28mg (12.75%), Folate: 35.62µg (8.9%), Vitamin E: 1mg (6.68%), Fiber: 1.49g (5.94%), Calcium: 56.82mg (5.68%)