



Spicy Basil-Beef Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



293 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon canola oil
- 2 teaspoons chile paste (such as Huy Fong sambal oelek)
- 1 tablespoon sesame oil dark
- 1 cup cucumber english thinly sliced
- 2 teaspoons fish sauce
- 1.5 cups basil leaves fresh loosely packed
- 3 large heirloom tomatoes ripe cut into wedges

- 0.3 teaspoon kosher salt
- 2 tablespoons lemongrass fresh minced
- 3 tablespoons lower-sodium soy sauce
- 2 tablespoons rice vinegar
- 2 medium shallots thinly sliced
- 12 ounces hanger steak trimmed

Equipment

- frying pan
- oven
- kitchen thermometer

Directions

- Preheat oven to 42
- Heat a large ovenproof stainless-steel skillet over medium-high heat.
- Add canola oil to pan; swirl to coat.
- Sprinkle both sides of steak evenly with salt and black pepper.
- Add steak to pan; saut 5 minutes or until browned. Turn steak over.
- Bake at 425 for 8 minutes or until a thermometer inserted into thickest portion of steak registers 135 or until desired degree of doneness.
- Remove steak from pan; let stand 10 minutes. Slice across the grain.
- Combine soy sauce and next 5 ingredients (through sambal), stirring well.
- Combine basil and remaining ingredients.
- Drizzle dressing mixture over basil mixture; toss gently. Divide salad mixture evenly among 4 plates; divide beef evenly among salads.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:2, Inflammation Score:-8, Nutrition Score:18.846521815528%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 293.35kcal (14.67%), Fat: 19.46g (29.94%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 8.41g (3.06%), Sugar: 5.43g (6.04%), Cholesterol: 51.88mg (17.29%), Sodium: 867.13mg (37.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.9%), Vitamin K: 57.18µg (54.46%), Vitamin A: 1659.2IU (33.18%), Zinc: 4.93mg (32.9%), Selenium: 21.44µg (30.62%), Vitamin B6: 0.55mg (27.69%), Vitamin C: 22.53mg (27.31%), Manganese: 0.54mg (27.05%), Vitamin B3: 5.38mg (26.91%), Vitamin B12: 1.43µg (23.77%), Potassium: 739.67mg (21.13%), Phosphorus: 198.68mg (19.87%), Vitamin B2: 0.28mg (16.66%), Iron: 2.78mg (15.43%), Magnesium: 60.48mg (15.12%), Copper: 0.22mg (11.22%), Folate: 44.19µg (11.05%), Vitamin E: 1.54mg (10.28%), Vitamin B1: 0.15mg (10.15%), Fiber: 2.47g (9.89%), Calcium: 53.01mg (5.3%), Vitamin B5: 0.29mg (2.91%)