



Spicy beef, shiitake & aubergine stir-fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 500 g ground beef
- ☐ 1 large eggplant thick sliced cut into strips
- ☐ 1 to 5 chilies red thinly sliced
- ☐ 6 garlic clove finely chopped
- ☐ 150 g mushroom caps sliced
- ☐ 4 spring onion halved sliced
- ☐ 4 tbsp oyster sauce

- ☐ 1 tbsp brown sugar
- ☐ 4 servings rice

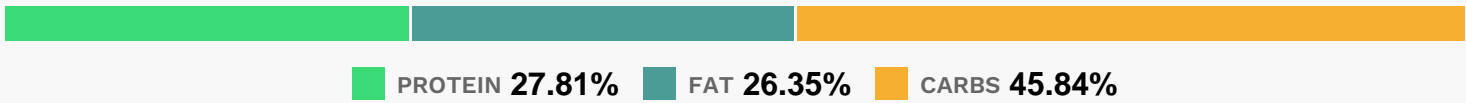
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Heat a drop of the oil in a non-stick wok or large frying pan. Cook the mince, breaking it up with a wooden spoon, for about 10 mins, or until cooked through.
- ☐ Remove with a slotted spoon and set aside.
- ☐ Heat the remaining oil in the pan and fry the aubergine for about 10 mins, until tender and cooked through.
- ☐ Add half the chilli, the garlic and mushrooms, then cook for a further few mins. Return the mince to the pan and add most of the spring onions, the oyster sauce, sugar and 200ml water. Bubble for a few mins, then serve immediately with boiled rice and the remaining chilli and spring onions scattered on top.

Nutrition Facts



Properties

Glycemic Index:57.55, Glycemic Load:24.61, Inflammation Score:-6, Nutrition Score:26.157391180163%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 476.26kcal (23.81%), Fat: 13.88g (21.36%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 54.32g (18.11%), Net Carbohydrates: 48.72g (17.72%), Sugar: 8.82g (9.8%), Cholesterol: 77.5mg (25.83%), Sodium: 586.4mg (25.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.93%), Vitamin B3: 10.3mg (51.51%), Zinc: 7.58mg (50.52%), Manganese: 0.99mg (49.59%), Vitamin B12: 2.87µg (47.9%), Selenium: 32.77µg (46.82%), Vitamin B6: 0.9mg (44.78%), Vitamin K: 43.43µg (41.36%), Phosphorus: 390.12mg (39.01%), Potassium: 962.7mg (27.51%), Vitamin C: 22.36mg (27.11%), Iron: 4.19mg (23.25%), Vitamin B2: 0.39mg (23.18%), Fiber: 5.6g (22.4%), Vitamin B5: 2.22mg (22.18%), Copper: 0.41mg (20.46%), Magnesium: 69.63mg (17.41%), Folate: 53.13µg (13.28%), Vitamin B1: 0.16mg (10.62%), Vitamin E: 1.45mg (9.65%), Calcium: 61.79mg (6.18%), Vitamin A: 253.48IU (5.07%), Vitamin D: 0.28µg (1.83%)