



Steak and Eggs Korean Style



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons plus light
- ☐ 4 large eggs
- ☐ 1 tablespoon ginger fresh minced peeled (scant)
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons apples i use 2 granny smith apples cored finely grated peeled
- ☐ 1.5 tablespoons spring onion finely chopped (white and pale green parts)
- ☐ 4 servings spring onion chopped

- ☐ 0.3 cup rice wine sweet (Japanese rice wine)
- ☐ 1.5 cups napa cabbage coarsely chopped
- ☐ 1 tablespoon pepper flakes hot (scant)
- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons sesame oil
- ☐ 20 ounce skirt steak
- ☐ 2 tablespoons soya sauce
- ☐ 1 cup sushi rice (or other short-grain rice)
- ☐ 2 tablespoons rice vinegar
- ☐ 2 cups water

Equipment

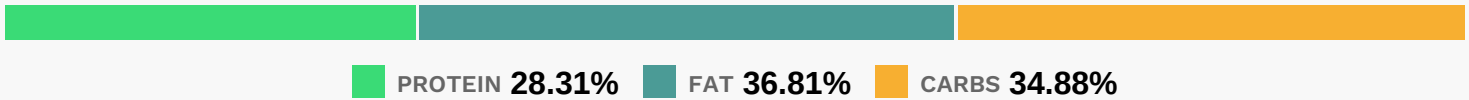
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Korean hot pepper paste (gochu jang or kochujang) is made with pureed fermented soybeans (miso) and hot chiles. Kimchi is a spicy and pungent fermented vegetable mixture; this recipe calls for the version made with Napa cabbage. Both can be found at Korean markets and online at koamart.com.
- ☐ Whisk first 10 ingredients in bowl.
- ☐ Add steaks. Cover; chill overnight.
- ☐ Bring 2 cups water to boil in small saucepan.
- ☐ Add rice and 1 teaspoon salt. Return to boil; reduce heat to low, cover, and cook until water is absorbed, about 18 minutes.
- ☐ Meanwhile, prepare barbecue (medium-high heat). Grill steaks until slightly charred but still pink in center, about 3 minutes per side.

- ☐ Transfer to plate.
- ☐ Let stand 5 minutes.
- ☐ Heat 2 tablespoons oil in large skillet over medium heat.
- ☐ Add kimchi and vinegar. Stir until heated. Fold in rice. Season with salt and pepper. Keep warm.
- ☐ Heat 1 teaspoon oil in large nonstick skillet over medium heat. Crack eggs into skillet, being careful not to break yolk.
- ☐ Sprinkle with salt and pepper. Cook until whites are set, about 3 minutes.
- ☐ Divide kimchi rice among 4 plates. Slice steaks thinly across grain; arrange over rice. Top each with egg; sprinkle with green onions and serve.
- ☐ *Available in the Asian foods section of some supermarkets and at Japanese markets.

Nutrition Facts



Properties

Glycemic Index:96.25, Glycemic Load:32.84, Inflammation Score:-6, Nutrition Score:28.090870007225%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 608.89kcal (30.44%), Fat: 24.17g (37.18%), Saturated Fat: 6.29g (39.3%), Carbohydrates: 51.52g (17.17%), Net Carbohydrates: 49.3g (17.93%), Sugar: 10.4g (11.55%), Cholesterol: 275.3mg (91.77%), Sodium: 1269.87mg (55.21%), Alcohol: 2.41g (100%), Alcohol %: 0.66% (100%), Protein: 41.81g (83.62%), Selenium: 54.38µg (77.69%), Zinc: 10.57mg (70.44%), Vitamin B12: 3.46µg (57.74%), Vitamin B3: 9.66mg (48.32%), Vitamin B6: 0.88mg (44.18%), Vitamin B2: 0.75mg (44.09%), Phosphorus: 379.68mg (37.97%), Manganese: 0.74mg (36.95%), Vitamin K: 37.49µg (35.7%), Iron: 4.64mg (25.78%), Vitamin B5: 2.06mg (20.64%), Potassium: 665.6mg (19.02%), Vitamin C: 15.53mg (18.82%), Folate: 61.73µg (15.43%), Magnesium: 61.42mg (15.36%), Copper: 0.3mg (14.92%), Vitamin B1: 0.22mg

(14.9%), Vitamin E: 2.04mg (13.58%), Vitamin A: 494.05IU (9.88%), Fiber: 2.22g (8.89%), Calcium: 81.81mg (8.18%),
Vitamin D: 1.14µg (7.61%)