



Steak and Soba Stir-Fry

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons almonds sliced
- ☐ 2 heads baby bok choy quartered
- ☐ 4 servings pepper black freshly ground
- ☐ 1 medium carrots peeled thinly sliced
- ☐ 12 ounces flank steak
- ☐ 4 medium garlic clove chopped
- ☐ 1 tablespoon ginger grated peeled
- ☐ 4 servings kosher salt

- ☐ 3 tablespoons soy sauce reduced-sodium
- ☐ 3 tablespoons oyster sauce
- ☐ 2 spring onion separated chopped
- ☐ 1 tablespoon sesame oil toasted
- ☐ 8 ounces soba noodles (japanese-style
- ☐ 3 tablespoons rice vinegar
- ☐ 1 teaspoon vegetable oil

Equipment

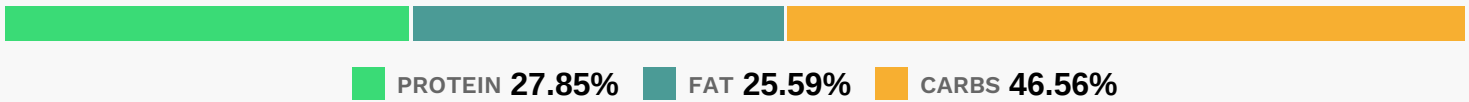
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat oven to 350°F.
- ☐ Spread out almondson a small rimmed baking sheet; toast,tossing occasionally, until golden brown,8-10 minutes.
- ☐ Let cool and set aside.
- ☐ Cook noodles in a large pot of boilingsalted water, stirring occasionally, until al dente.
- ☐ Drain; rinse to cool and set aside.
- ☐ Heat 1 teaspoon vegetable oil in a large skilletover medium-high heat. Season steak withsalt and pepper and cook until charredin spots, about 4 minutes per side formedium-rare.
- ☐ Let rest 10 minutes. Thinlyslicing against the grain.
- ☐ While steak rests, wipe out skillet andheat 3 tablespoons vegetable oil over mediumheat.
- ☐ Add scallion whites, garlic, and ginger.Stir until softened, about 1 minute.
- ☐ Add bokchoy and carrot. Cook, tossing occasionally,until crisp-tender, about 4 minutes.

- ☐ Whisk oyster sauce, soy sauce, vinegar,sesame oil, and 1/2 cup water in a small bowl.
- ☐ Add to vegetables; bring to a simmer. Foldin scallion greens and reserved almondsand noodles.
- ☐ Serve steak with noodle stir-fry.
- ☐ Per serving: 570 calories, 22 g fat, 6 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:67.08, Glycemic Load:23.17, Inflammation Score:-9, Nutrition Score:21.412174090095%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 407.1kcal (20.36%), Fat: 11.92g (18.34%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 47.35g (17.22%), Sugar: 1.21g (1.34%), Cholesterol: 51.03mg (17.01%), Sodium: 1501.33mg (65.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.2g (58.39%), Vitamin A: 2630.6IU (52.61%), Manganese: 1.02mg (50.95%), Vitamin B3: 7.85mg (39.24%), Selenium: 26.5µg (37.86%), Phosphorus: 376.13mg (37.61%), Vitamin B6: 0.74mg (37.19%), Zinc: 4.59mg (30.62%), Magnesium: 99.72mg (24.93%), Vitamin B1: 0.37mg (24.65%), Iron: 3.43mg (19.04%), Vitamin K: 18.21µg (17.35%), Potassium: 605.34mg (17.3%), Vitamin B2: 0.29mg (17.16%), Folate: 61.62µg (15.4%), Copper: 0.3mg (14.83%), Vitamin B12: 0.83µg (13.82%), Vitamin E: 1.86mg (12.39%), Vitamin B5: 1.21mg (12.1%), Calcium: 75.97mg (7.6%), Fiber: 1.46g (5.84%), Vitamin C: 3.29mg (3.99%)