



## Sushi rice bowl with beef, egg & chilli sauce



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 140 g sushi rice
- ☐ 250 g rump steak thinly sliced
- ☐ 1 garlic clove chopped
- ☐ 1 tbsp soya sauce
- ☐ 1 pinch sugar good
- ☐ 2 tbsp sesame oil
- ☐ 2 eggs
- ☐ 1 large carrots cut into long matchsticks

- ☐ 1 large courgette cut into long matchsticks
- ☐ 2 tbsp spicy chilli sauce sweet

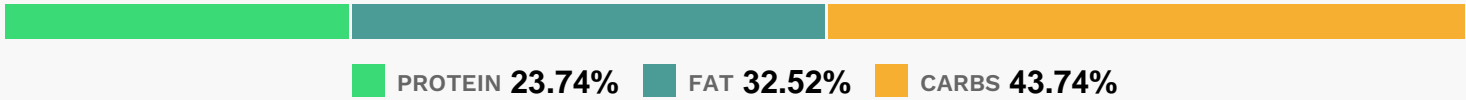
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

## Directions

- ☐ Boil the sushi rice in a large pan with plenty of water it should take about 8–10 mins until it is just cooked and still has a bite to it.
- ☐ Drain, place back in the pan, cover with a lid and set aside.
- ☐ Mix the steak with the garlic, soy sauce, sugar and a grind of black pepper. You will need 2 frying pans or 1 frying pan and a wok: divide the oil between the 2 pans and heat until just smoking. Fry the eggs to your liking, then set aside. In the other pan, brown the beef for 1–2 mins, then remove and keep warm. Tip the vegetables into the pan, stir-fry for 1 min, then push to one side, add the rice and cook for 1 min more to heat through.
- ☐ Divide the rice, veg and beef between 2 bowls. Slide the eggs on top and drizzle with the chilli sauce. Each person can then toss everything together, so the egg yolk mixes with the hot rice and sauce.

## Nutrition Facts



## Properties

Glycemic Index:129.96, Glycemic Load:48.04, Inflammation Score:-10, Nutrition Score:34.296521725862%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 701.22kcal (35.06%), Fat: 25.07g (38.57%), Saturated Fat: 5.73g (35.8%), Carbohydrates: 75.86g (25.29%), Net Carbohydrates: 71.07g (25.84%), Sugar: 14.7g (16.33%), Cholesterol: 239.93mg (79.98%), Sodium: 849.39mg (36.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.16g (82.33%), Vitamin A: 6574.9IU (131.5%), Selenium: 56.6µg (80.86%), Vitamin B6: 1.25mg (62.52%), Vitamin B3: 12.26mg (61.29%), Manganese: 1.12mg (55.95%), Zinc: 7.24mg (48.28%), Phosphorus: 481.04mg (48.1%), Vitamin C: 31.5mg (38.18%), Vitamin B2: 0.56mg (33.03%), Potassium: 1103.94mg (31.54%), Vitamin B12: 1.88µg (31.32%), Iron: 4.87mg (27.07%), Vitamin B5: 2.54mg (25.37%), Folate: 89.1µg (22.27%), Magnesium: 87.5mg (21.87%), Vitamin B1: 0.32mg (21.64%), Fiber: 4.79g (19.15%), Copper: 0.36mg (18.05%), Vitamin K: 15.38µg (14.65%), Calcium: 109.58mg (10.96%), Vitamin E: 1.5mg (10.02%), Vitamin D: 1µg (6.7%)