



WHATSheATE



Thai Beef Stew with Lemongrass and Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds beef chuck boneless cut into 2" pieces
- ☐ 1 pound carrots peeled halved cut into 2" lengths, if large
- ☐ 1 cinnamon sticks
- ☐ 1 tablespoon fish sauce (such as nam pla or nuoc nam)
- ☐ 4 garlic cloves chopped
- ☐ 2 tablespoons ginger peeled chopped
- ☐ 4 kaffir lime leaves chopped
- ☐ 6 servings kosher salt freshly ground

- ☐ 4 lemongrass stalks trimmed thinly sliced
- ☐ 0.3 cup brown sugar light packed ()
- ☐ 6 servings lime wedges (for serving)
- ☐ 0.5 cup soya sauce reduced-sodium
- ☐ 8 ounces wide rice noodles
- ☐ 4 scallions plus more for serving cut into 1" lengths,
- ☐ 4 medium shallots quartered
- ☐ 2 star anise pods whole
- ☐ 2 thai chiles red with seeds, sliced
- ☐ 1 cup coconut flakes unsweetened
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ dutch oven

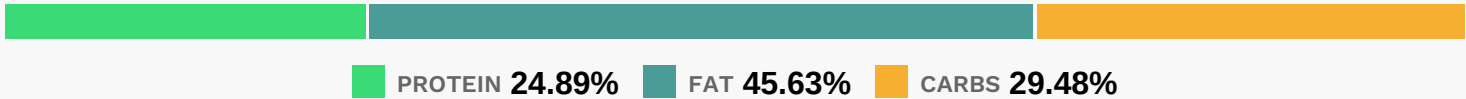
Directions

- ☐ Process lemongrass, garlic, kaffir limeleaves, ginger, and 2 chiles in a foodprocessor until a fine paste forms.
- ☐ Season beef with salt and pepper.
- ☐ Heat oil in a large Dutch oven over medium-high heat. Working in batches, cook beef, turning occasionally, until browned, 10–15 minutes; transfer to a plate.
- ☐ Cook lemongrass paste in same pot, stirring often, until lemongrass is beginning to soften, 5–8 minutes.
- ☐ Add star anise, cinnamon, soy sauce, fish sauce, brown sugar, beef with any juices, and 10 cups water. Bring to a boil, reduce heat, and simmer, partially covered, skimming occasionally,

until beef is tender and liquid is slightly thickened, 2 1/2–3 hours.

- ☐ Meanwhile, preheat oven to 350°F. Toast coconut flakes on a rimmed baking sheet, tossing occasionally, until golden around the edges, about 4 minutes; set aside.
- ☐ Add shallots and carrots to stew and cook, partially covered, until vegetables are soft and beef is falling apart, 35–45 minutes.
- ☐ Mix in scallions (they should wilt slightly).
- ☐ Meanwhile, cook noodles according to package directions.
- ☐ Divide noodles among bowls and ladle stew over; top with toasted coconut and more scallions.
- ☐ Serve with lime wedges.
- ☐ DO AHEAD: Stew (without noodles) can be made 3 days ahead.
- ☐ Let cool; cover and chill.

Nutrition Facts



Properties

Glycemic Index: 47.64, Glycemic Load: 21.39, Inflammation Score: -10, Nutrition Score: 39.586521801741%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 784.84kcal (39.24%), Fat: 40.31g (62.02%), Saturated Fat: 20.34g (127.15%), Carbohydrates: 58.6g (19.53%), Net Carbohydrates: 52.16g (18.97%), Sugar: 15.37g (17.08%), Cholesterol: 156.49mg (52.16%), Sodium: 1317.32mg (57.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.48g (98.97%), Vitamin A: 12755.77IU (255.12%), Zinc: 18.21mg (121.43%), Vitamin B12: 6.21µg (103.43%), Selenium: 56.23µg (80.33%), Manganese: 1.21mg (60.5%), Phosphorus: 600.79mg (60.08%), Vitamin B6: 1.17mg (58.55%), Vitamin B3: 11.21mg (56.07%), Iron: 6.89mg (38.3%), Potassium: 1311.39mg (37.47%), Vitamin K: 38.98µg (37.13%), Vitamin B2: 0.47mg (27.4%), Fiber: 6.44g (25.74%), Magnesium: 100.19mg (25.05%), Copper: 0.38mg (19.05%), Vitamin B5: 1.9mg (18.97%), Vitamin B1: 0.25mg (16.83%), Vitamin C: 11.16mg (13.53%), Folate: 48.55µg (12.14%), Calcium: 116.3mg (11.63%), Vitamin E: 1.53mg

(10.21%), Vitamin D: 0.23µg (1.51%)