



Thai beef with coconut dressing



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



849 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp curry paste green
- ☐ 250 g fat-trimmed beef flank steak (we used rump)
- ☐ 2 tsp vegetable oil
- ☐ 160 ml full fat coconut cream canned
- ☐ 1 tbsp brown sugar soft
- ☐ 1 to 5 chilies red thinly sliced
- ☐ 0.5 juice of lime
- ☐ 200 g green beans

- ☐ 300 g jasmine rice cooked drained
- ☐ 0.5 small cilantro leaves leaves picked
- ☐ 2 tbsp onion crispy (we used Danfood Onion Salad Crispies)

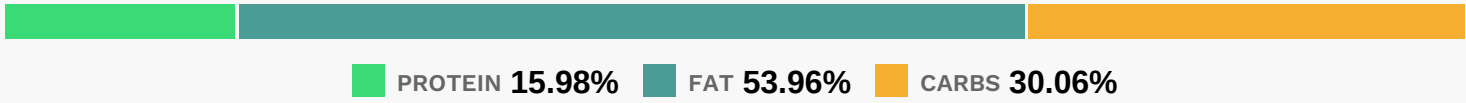
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Rub 1 tbsp of the curry paste over the steak.
- ☐ Heat the oil in a frying pan and bring a small pan of water to the boil. Cook the steak for 2 mins on each side for medium rare, or to your liking.
- ☐ Transfer to a plate and cover with foil to keep warm.
- ☐ Add the remaining curry paste, coconut cream, sugar, chilli and lime zest and juice to the pan, and bubble until slightly thickened. Meanwhile, add the beans to the boiling water and cook for 3 mins, then drain.
- ☐ Pour any resting juices from the steak into the sauce, then slice the steak into strips.
- ☐ Heat the rice (if not already hot), then divide between 2 bowls. Top with the beans, steak, coconut dressing, coriander and crispy onions.

Nutrition Facts



Properties

Glycemic Index:129.5, Glycemic Load:48.32, Inflammation Score:-10, Nutrition Score:34.579565299594%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg

Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg
Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 848.63kcal (42.43%), Fat: 52.17g (80.26%), Saturated Fat: 34.15g (213.44%), Carbohydrates: 65.41g (21.8%), Net Carbohydrates: 59.22g (21.53%), Sugar: 11.97g (13.3%), Cholesterol: 76.25mg (25.42%), Sodium: 80.5mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.77g (69.53%), Manganese: 2.04mg (102.23%), Vitamin A: 3323.14IU (66.46%), Vitamin C: 51.19mg (62.05%), Selenium: 42.6µg (60.85%), Vitamin K: 57.94µg (55.18%), Zinc: 8.25mg (55.02%), Vitamin B6: 0.95mg (47.46%), Vitamin B3: 8.49mg (42.45%), Phosphorus: 395.61mg (39.56%), Vitamin B12: 2.08µg (34.58%), Iron: 6.03mg (33.5%), Copper: 0.62mg (30.78%), Potassium: 968.66mg (27.68%), Vitamin B2: 0.45mg (26.25%), Magnesium: 99.42mg (24.85%), Fiber: 6.19g (24.77%), Vitamin B1: 0.27mg (17.96%), Folate: 68.11µg (17.03%), Vitamin B5: 1.1mg (10.99%), Calcium: 102.49mg (10.25%), Vitamin E: 1.02mg (6.83%)