



Thai Marinated Beef Cabbage Salad with Warm Shallot Vinaigrette

 Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



912 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounces similar cut of beef
- ☐ 2 cups canola oil
- ☐ 2 carrots peeled fine
- ☐ 2 jalapenos chiles roughly chopped
- ☐ 1 bunch cilantro leaves
- ☐ 2 tablespoons fish sauce
- ☐ 4 garlic cloves

- ☐ 0.5 medium cabbage green cored fine
- ☐ 3 tablespoons honey
- ☐ 2 stalks lemongrass white minced
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 bunch mint leaves
- ☐ 1 medium napa cabbage cored fine
- ☐ 0.5 medium cabbage red cored fine
- ☐ 0.5 cup rice wine vinegar
- ☐ 1 cup rice wine vinegar
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 2 serrano chiles roughly chopped
- ☐ 2 tablespoons sesame oil
- ☐ 0.3 cup sesame seed toasted
- ☐ 3 large shallots peeled finely sliced
- ☐ 4 large shallots peeled roughly chopped
- ☐ 2 cups soya sauce
- ☐ 1 bunch thai basil leaves
- ☐ 2 to 3 thai bird chiles minced
- ☐ 1 tablespoon sambal
- ☐ 1 tablespoon sambal

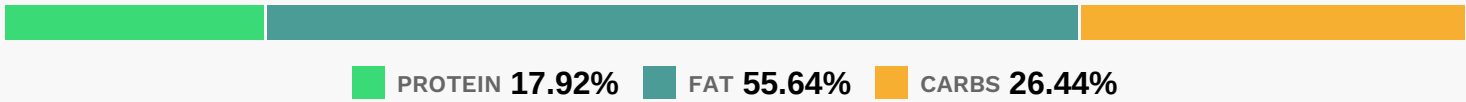
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ broiler
- ☐ wok

Directions

- ☐ Combine all ingredients and mix well. Can be stored in the refrigerator until ready for use.
- ☐ In a saucepan or small wok, heat the canola oil until hot. In a tall container, combine the shallots, lemongrass and chiles.
- ☐ Pour the hot oil over the mixture and stir. Slowly add the fish sauce, lime juice, vinegar and sesame oil. Put vinaigrette back into the saucepan to bring back to a simmer.
- ☐ Pour over the cabbage mixture to coat. There will be leftover vinaigrette. Check for seasoning.
- ☐ Combine the jalapenos and serrano chiles, sambal, shallots, garlic and honey in a food processor and blend into a smooth paste. While the processor is running, slowly add the soy sauce and rice vinegar. Season. The mixture can be made up ahead and stored in the refrigerator.
- ☐ Set oven on broiler or heat a grill. Quickly marinate sirloin in chile mixture for 3 to 5 minutes, turning to coat completely. Cook sirloin to a medium rare, about 4 minutes a side.
- ☐ Let beef rest for 3 minutes before slicing into thin strips.
- ☐ PLATING On a large plate, place a mound of the cabbage mixture and arrange sirloin slices around the salad.
- ☐ Garnish with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:156.53, Glycemic Load:16.68, Inflammation Score:-10, Nutrition Score:55.372608920802%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg Hesperetin: 2.82mg, Hesperetin: 2.82mg, Hesperetin: 2.82mg, Hesperetin: 2.82mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 912.27kcal (45.61%), Fat: 57.93g (89.12%), Saturated Fat: 12.21g (76.34%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 49.05g (17.84%), Sugar: 32.96g (36.62%), Cholesterol: 80.51mg (26.84%), Sodium: 7366.43mg (320.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.97g (83.94%), Vitamin C: 216.23mg (262.1%), Vitamin K: 264.8µg (252.19%), Vitamin A: 7655.47IU (153.11%), Manganese: 2.5mg (124.85%), Vitamin B6: 1.98mg (99.11%), Folate: 327.63µg (81.91%), Vitamin B3: 12.56mg (62.82%), Potassium: 2070.7mg (59.16%), Phosphorus: 588.1mg (58.81%), Iron: 10.3mg (57.23%), Fiber: 12.91g (51.63%), Magnesium: 204.75mg (51.19%), Zinc: 7.56mg (50.43%), Calcium: 463.71mg (46.37%), Copper: 0.89mg (44.32%), Vitamin B12: 2.47µg (41.17%), Vitamin B2: 0.68mg (40.22%), Vitamin E: 5.6mg (37.35%), Selenium: 26.13µg (37.33%), Vitamin B1: 0.51mg (33.72%), Vitamin B5: 2mg (20.04%)