



Thai-Style Beef with Noodles

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons fish sauce divided
- 4 servings fish sauce
- 0.8 pound extra wide egg noodles dried
- 1 pound flank steak
- 1 tablespoon ginger peeled finely chopped
- 1.5 teaspoons curry paste
- 1 tablespoon honey
- 1 tablespoon juice of lime fresh

- 1.8 cups beef broth reduced-sodium
- 1 bell pepper red cut into 1/4-inch strips
- 1 bunch spring onion trimmed cut into 3-inch pieces
- 1 cup shallots thinly sliced
- 1 tablespoon soya sauce
- 3 tablespoons vegetable oil divided

Equipment

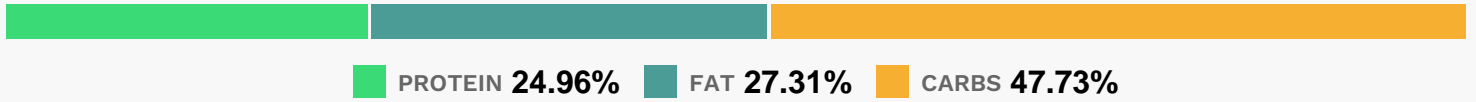
- bowl
- sauce pan
- pot
- baking pan
- grill
- grill pan
- cutting board

Directions

- Mix together soy, honey, 1 tablespoon fish sauce, and 1/4 teaspoon salt in a shallow baking dish, then add steak and turn to coat. Marinate at room temperature 20 minutes.
- While steak marinates, heat 2 tablespoons oil in a small heavy saucepan over medium-high heat until it shimmers, then cook shallots, stirring occasionally, until browned well, about 8 minutes.
- Add ginger and curry paste and cook, stirring occasionally, 1 minute, then add broth and simmer 5 minutes. Stir in lime juice, remaining tablespoon fish sauce, and salt to taste and keep warm, covered.
- Heat grill pan over medium-high heat until hot, then lightly oil. Grill steak, turning once, about 8 minutes total (for rare).
- Transfer to a cutting board and let stand 5 minutes.
- Meanwhile, toss bell pepper and scallions with remaining tablespoon oil, then grill, turning frequently, until softened, about 5 minutes.

- Transfer to a large bowl.
- While steak stands, cook noodles in a pasta pot of boiling unsalted water until al dente, 4 to 7 minutes.
- Drain well, then add to vegetables and toss well. Divide noodles among 4 deep bowls and top with broth.
- Cut steak in half lengthwise, then thinly slice across the grain and serve on top of noodles.

Nutrition Facts



Properties

Glycemic Index:55.07, Glycemic Load:30.64, Inflammation Score:-9, Nutrition Score:31.103043483651%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 657.57kcal (32.88%), Fat: 19.96g (30.71%), Saturated Fat: 5g (31.27%), Carbohydrates: 78.52g (26.17%), Net Carbohydrates: 72.87g (26.5%), Sugar: 12.62g (14.02%), Cholesterol: 139.48mg (46.49%), Sodium: 1316.62mg (57.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.05g (82.1%), Selenium: 102.25µg (146.07%), Vitamin B6: 1.22mg (60.91%), Vitamin C: 45.39mg (55.01%), Manganese: 1.01mg (50.5%), Phosphorus: 487.35mg (48.74%), Vitamin B3: 9.72mg (48.61%), Zinc: 6.37mg (42.47%), Vitamin K: 34.92µg (33.26%), Potassium: 1133.81mg (32.39%), Magnesium: 111.92mg (27.98%), Vitamin A: 1344.78IU (26.9%), Iron: 4.56mg (25.34%), Fiber: 5.65g (22.58%), Vitamin B12: 1.33µg (22.11%), Folate: 83.62µg (20.91%), Copper: 0.42mg (20.77%), Vitamin B1: 0.29mg (19.09%), Vitamin B5: 1.8mg (18.01%), Vitamin B2: 0.26mg (15.56%), Vitamin E: 2.02mg (13.45%), Calcium: 90.81mg (9.08%), Vitamin D: 0.26µg (1.7%)