



Thai-Style Red Curry Beef Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound beef top sirloin steak boneless
- ☐ 1 medium bell pepper cut into 1/ strips
- ☐ 3 cups broccoli florets
- ☐ 2 teaspoons ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 14 ounces coconut milk light canned (this is the stuff, not coconut milk beverage!)
- ☐ 1 medium onion cut into 8 wedges
- ☐ 0.3 cup curry paste red (sold in the Asian section of most supermarkets)

- ☐ 8 servings roasted peanuts finely chopped for nut-free (omit)
- ☐ 1 serrano hot minced
- ☐ 1 box fiber-rich spaghetti (such as Dreamfields)
- ☐ 2 tablespoons vegetable oil divided

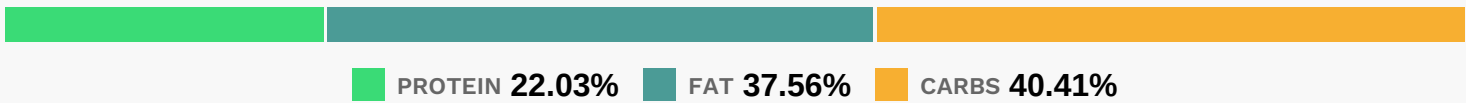
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain; return to pan. Meanwhile, cut steak in half lengthwise, then crosswise into 1/4-inch thick slices. Toss with garlic; set aside.
- ☐ Heat 1-1/2 teaspoons oil in large nonstick skillet over medium-high heat.
- ☐ Add half of beef; stir-fry 1 to 2 minutes or until outside of beef is no longer pink.
- ☐ Remove from skillet. Repeat with remaining beef and 1-1/2 teaspoons oil.
- ☐ Remove from skillet.
- ☐ Add remaining 1 tablespoon oil to skillet.
- ☐ Add broccoli, bell pepper and onion. Cook and stir 1 minute.
- ☐ Add 1 to 2 tablespoons water; continue cooking and stirring 1 minute. Stir in ginger and chili pepper.
- ☐ Add combined coconut milk and curry paste to skillet. Bring to boil; reduce heat and simmer 3 to 5 minutes until vegetables are crisp-tender. Return beef to skillet; remove from heat. Toss beef mixture with pasta.
- ☐ Garnish with peanuts, if desired.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:18.06, Inflammation Score:-9, Nutrition Score:33.003478340481%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 532.16kcal (26.61%), Fat: 22.65g (34.85%), Saturated Fat: 4.79g (29.95%), Carbohydrates: 54.83g (18.28%), Net Carbohydrates: 48.34g (17.58%), Sugar: 5.57g (6.19%), Cholesterol: 33.45mg (11.15%), Sodium: 178.26mg (7.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.9g (59.8%), Vitamin D: 24.81µg (165.37%), Selenium: 56.34µg (80.48%), Vitamin C: 59.46mg (72.07%), Manganese: 1.36mg (67.94%), Vitamin B3: 9.56mg (47.81%), Vitamin K: 43.32µg (41.26%), Vitamin A: 1896.68IU (37.93%), Phosphorus: 376.16mg (37.62%), Vitamin B6: 0.67mg (33.54%), Magnesium: 113.53mg (28.38%), Zinc: 4.01mg (26.74%), Fiber: 6.49g (25.96%), Folate: 92.58µg (23.15%), Copper: 0.44mg (21.99%), Potassium: 743.23mg (21.24%), Vitamin B12: 1.15µg (19.22%), Iron: 2.94mg (16.31%), Vitamin B1: 0.23mg (15.5%), Vitamin B5: 1.31mg (13.07%), Vitamin B2: 0.19mg (11.14%), Calcium: 107.74mg (10.77%), Vitamin E: 1.04mg (6.96%)