



Vietnamese Steak Noodle Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



550 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 fresno chile red halved lengthwise sliced thin
- ☐ 0.3 cup cilantro leaves
- ☐ 0.3 cup vietnamese fish sauce (nuoc mam or nam pla)
- ☐ 1 tablespoon flour
- ☐ 0.3 cup optional: dill fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 6 tablespoons juice of lime fresh
- ☐ 3 tablespoons soya sauce divided reduced-sodium

- ☐ 1 lb rib-eye steak
- ☐ 4 ounces rice noodles thin
- ☐ 2 shallots sliced
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup thai basil leaves fresh
- ☐ 0.3 cup vegetable oil

Equipment

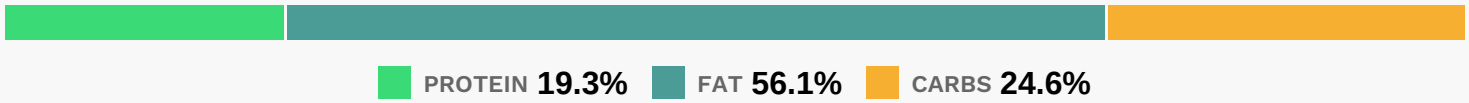
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ broiler
- ☐ broiler pan
- ☐ candy thermometer

Directions

- ☐ Bring a large pot of water to a boil. Preheat broiler with rack 4 in. from heating element.
- ☐ Meanwhile, put steak in a medium bowl and pour in 2 tbsp. soy sauce, turning steak to coat.
- ☐ Let sit for a few minutes. Make dressing: In a small bowl, combine lime juice, fish sauce, sugar, chile, and remaining 1 tbsp. soy sauce; set aside.
- ☐ Cook noodles in boiling water until tender, about 2 minutes, then drain.
- ☐ Broil steak on a broiler pan, turning once, until done the way you like, about 12 minutes for medium-rare.
- ☐ Let rest 10 minutes, then slice thinly.
- ☐ Meanwhile, in a small saucepan, heat oil until it registers 350 on a candy thermometer. Dust shallots evenly in flour to coat and cook in oil, carefully stirring, until browned, about 4 minutes.
- ☐ Transfer to paper towel to drain.

In a large bowl, combine noodles, sliced steak, herbs, and half the reserved dressing. Divide mixture among 4 plates, sprinkle evenly with shallots, and serve remaining dressing on the side.

Nutrition Facts



Properties

Glycemic Index:98.77, Glycemic Load:16.78, Inflammation Score:-7, Nutrition Score:20.256956328516%

Flavonoids

Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 550.29kcal (27.51%), Fat: 34.6g (53.23%), Saturated Fat: 9.98g (62.35%), Carbohydrates: 34.14g (11.38%), Net Carbohydrates: 32.44g (11.8%), Sugar: 4.57g (5.07%), Cholesterol: 69.17mg (23.06%), Sodium: 1688.08mg (73.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.79g (53.58%), Selenium: 34.22µg (48.89%), Vitamin K: 49.36µg (47.01%), Zinc: 6.36mg (42.41%), Vitamin C: 29.23mg (35.43%), Vitamin B6: 0.66mg (33%), Vitamin B3: 6.55mg (32.76%), Vitamin B12: 1.95µg (32.53%), Phosphorus: 252.2mg (25.22%), Vitamin B2: 0.36mg (21.37%), Manganese: 0.42mg (21.13%), Magnesium: 75.08mg (18.77%), Iron: 3.34mg (18.54%), Potassium: 565.85mg (16.17%), Vitamin A: 794.66IU (15.89%), Vitamin E: 1.72mg (11.45%), Vitamin B1: 0.16mg (10.53%), Folate: 41.78µg (10.45%), Copper: 0.19mg (9.34%), Fiber: 1.7g (6.79%), Calcium: 54.22mg (5.42%), Vitamin B5: 0.2mg (2.05%)