



WHATSheATE



HEALTH SCORE

73%

Vietnamese-style Steak Salad



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.5 cup carrots shredded



0.3 cup cilantro leaves chopped



1 cup cucumber thinly sliced



2 tablespoons fish sauce



0.3 cup mint leaves fresh chopped



1 garlic clove quartered



8 large garlic clove very thinly sliced



2 ginger fresh

- ☐ 0.3 cup spring onion chopped
- ☐ 1.3 teaspoons kosher salt divided
- ☐ 3 stalks lemon grass fresh
- ☐ 0.3 cup juice of lime fresh (from 3 or 4 large limes)
- ☐ 2 qts napa cabbage chopped
- ☐ 4 ounces vermicelli thin
- ☐ 4 servings big daddy's taco rub
- ☐ 4 servings the salad
- ☐ 1 medium shallots sliced
- ☐ 16 oz skirt steak grass-fed fat trimmed (1 lb. total)
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup vegetable oil
- ☐ 1 tablespoon vegetable oil
- ☐ 4 servings balsamic vinaigrette salad dressing

Equipment


- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ grill
- ☐ aluminum foil
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Make rub: Pull off tough outer layers of lemongrass and cut off stem end and coarse leaves. Chop tender core and whirl in a food processor until very finely chopped, about 4 minutes, scraping down bowl as needed.
- ☐ Add ginger, garlic, and shallot and whirl until a paste forms, 2 to 3 minutes more.
- ☐ Add oil and 1/4 tsp. salt; pulse to combine.
- ☐ Sprinkle steaks with remaining 1 tsp. salt; then cover both sides with lemongrass rub. Chill at least 1 hour and up to
- ☐ Heat oil in a medium frying pan over medium heat.
- ☐ Add garlic and cook until light golden, stirring gently, being careful not to burn (it will continue to darken off the heat).
- ☐ Pour garlic and oil through a strainer into a small, heatproof mixing bowl.
- ☐ Drain garlic chips on paper towels. After oil has cooled slightly, whisk in lime juice, sugar, and fish sauce. Prepare a charcoal or gas grill for high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds).
- ☐ Make salad: In a 4-qt. saucepan, bring 2 qts. water to a boil and add rice noodles. Cook until tender, 3 to 5 minutes.
- ☐ Drain and place in a large mixing bowl.
- ☐ Add carrot, cucumber, cabbage, and chopped herbs and green onions.
- ☐ Oil cooking grate. Grill steaks, covered, using a wide spatula to turn once (you want to keep as much of the crust on the steaks as possible), about 8 minutes total for medium-rare.
- ☐ Transfer steaks to a cutting board, tent with foil, and let rest at least 5 minutes.
- ☐ Pour dressing over salad and toss thoroughly. Divide salad among 4 bowls. Slice steaks (trying to keep crust on the slices) and arrange over salads.
- ☐ Sprinkle with garlic chips.
- ☐ *Find in the Asian aisle of most grocery stores.
- ☐ Make ahead: Rub, vinaigrette, and salad can all be made several hours ahead; toss salad together while steaks grill.

Nutrition Facts



 PROTEIN **25.49%**  FAT **32.74%**  CARBS **41.77%**

Properties

Glycemic Index:97.73, Glycemic Load:19.54, Inflammation Score:-10, Nutrition Score:49.843478068061%

Flavonoids

Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 506.8kcal (25.34%), Fat: 19.32g (29.72%), Saturated Fat: 4.94g (30.88%), Carbohydrates: 55.44g (18.48%), Net Carbohydrates: 47.5g (17.27%), Sugar: 11.41g (12.68%), Cholesterol: 71.44mg (23.81%), Sodium: 1630.68mg (70.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.83g (67.66%), Vitamin K: 258.9µg (246.57%), Vitamin C: 150.79mg (182.78%), Manganese: 2.18mg (108.91%), Folate: 428.9µg (107.22%), Vitamin A: 4979.68IU (99.59%), Vitamin B6: 1.86mg (93.24%), Zinc: 9.31mg (62.04%), Potassium: 1876.74mg (53.62%), Selenium: 34.47µg (49.25%), Vitamin B3: 9.38mg (46.89%), Calcium: 452.88mg (45.29%), Phosphorus: 421.76mg (42.18%), Vitamin B12: 2.46µg (40.98%), Vitamin B2: 0.69mg (40.79%), Iron: 6.22mg (34.56%), Magnesium: 137.05mg (34.26%), Fiber: 7.95g (31.79%), Vitamin B1: 0.34mg (22.81%), Copper: 0.45mg (22.25%), Vitamin B5: 1.47mg (14.67%), Vitamin E: 1.71mg (11.43%)