



Warm Flank Steak Salad with Mint and Cilantro



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons asian fish sauce
- ☐ 0.3 cup cilantro leaves
- ☐ 1 tablespoon pepper red crushed
- ☐ 1.5 pound flank steak
- ☐ 0.3 cup lemongrass fresh minced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 cup mint leaves
- ☐ 2 teaspoons pepper freshly ground

- ☐ 2 teaspoons roasted rice powder
- ☐ 2 shallots thinly sliced
- ☐ 0.3 cup soya sauce
- ☐ 0.5 teaspoon sugar

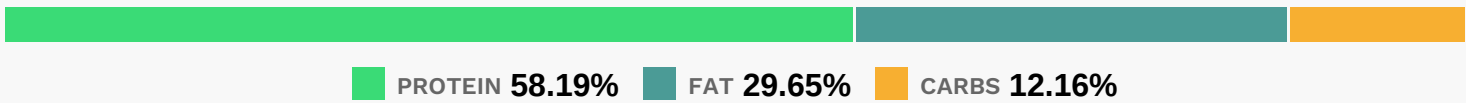
Equipment

- ☐ frying pan
- ☐ grill
- ☐ wok
- ☐ glass baking pan

Directions

- ☐ In a large glass baking dish, mix the soy sauce with the pepper and 2 tablespoons of the lemongrass.
- ☐ Add the flank steak and turn to coat.
- ☐ Let stand at room temperature for 30 minutes.
- ☐ Light a grill. Grill the flank steak over moderately high heat, turning once, until charred on the outside but still pink within, about 8 minutes.
- ☐ Transfer the steak to a carving board and let stand for 5 minutes.
- ☐ Cut the steak in half lengthwise. Slice the halves across the grain 1/4 inch thick.
- ☐ In a large wok or nonreactive skillet, combine the lime juice with the fish sauce, crushed red pepper, sugar and the remaining 2 tablespoons of lemongrass. Cook over moderate heat until hot. Stir in the sliced steak along with 1 tablespoon of the marinade.
- ☐ Add the shallots, mint, cilantro and roasted rice powder, stirring to coat.
- ☐ Transfer the salad to plates and serve.

Nutrition Facts



Properties

Glycemic Index:22.39, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:11.32391312848%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 137.54kcal (6.88%), Fat: 4.47g (6.88%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 3.13g (1.14%), Sugar: 1.2g (1.34%), Cholesterol: 51.03mg (17.01%), Sodium: 821.9mg (35.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.74g (39.47%), Selenium: 25.89µg (36.98%), Vitamin B6: 0.6mg (29.95%), Vitamin B3: 5.91mg (29.53%), Zinc: 3.46mg (23.04%), Phosphorus: 194.27mg (19.43%), Manganese: 0.3mg (15.03%), Vitamin B12: 0.8µg (13.26%), Iron: 2.14mg (11.9%), Potassium: 405.7mg (11.59%), Magnesium: 37.23mg (9.31%), Vitamin A: 456.18IU (9.12%), Vitamin B2: 0.13mg (7.94%), Vitamin B5: 0.62mg (6.23%), Folate: 22.8µg (5.7%), Copper: 0.11mg (5.69%), Vitamin B1: 0.08mg (5.22%), Vitamin E: 0.66mg (4.4%), Vitamin K: 4.53µg (4.31%), Vitamin C: 3.3mg (4%), Fiber: 0.99g (3.98%), Calcium: 38.39mg (3.84%)