



Wild Mushroom and Beef Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 2 medium celery stalks sliced
- 1.5 teaspoons cornstarch
- 0.5 teaspoon t brown sugar dark packed
- 8 ounces flank steak trimmed
- 2 teaspoons ginger fresh minced peeled
- 1 medium garlic clove minced
- 4 servings kosher salt

- 2 medium leek white green rinsed halved lengthwise sliced
- 1 pound chanterelles wild cleaned ends trimmed sliced lengthwise (such as maitake, lobster, chanterelle, porcini, or shiitake)
- 1 teaspoon rice vinegar
- 2 tablespoons rice wine dry
- 2 tablespoons soya sauce
- 2 tablespoons vegetable oil

Equipment

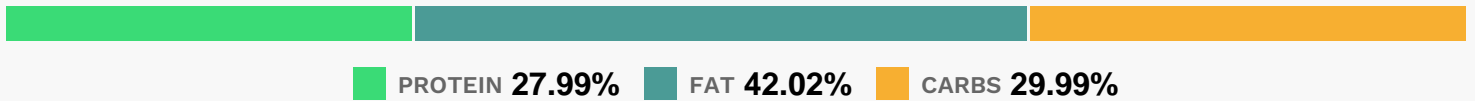
- bowl
- frying pan
- wok
- spatula

Directions

- Cut the flank steak with the grain into 2- to 3-inch-wide strips, then cut each strip against the grain into 1/4-inch-thick pieces.
- Place the Shaoxing or sherry, soy sauce, cornstarch, brown sugar, and vinegar in a small bowl and stir to combine; set aside.
- Heat a 14-inch flat-bottomed wok over high heat until a bead of water vaporizes when dropped in the pan.
- Drizzle 1 tablespoon of the oil around the perimeter of the wok and add the reserved beef in an even layer. Cook undisturbed until the beef begins to sear, about 1 minute. Using a metal spatula, stir-fry for 30 seconds until the beef is lightly browned but not cooked through.
- Transfer to a large plate.
- Drizzle 1 teaspoon of the oil around the perimeter of the wok.
- Spread half of the mushrooms around the perimeter of the wok and season lightly with salt and pepper. Sear, stirring once halfway through the cooking time, until golden brown, about 2 minutes. Continue to stir-fry until the mushrooms are tender, about 30 seconds to 1 minute more.

- Transfer the mushrooms to the plate with the beef. Repeat with another teaspoon of the oil and the remaining mushrooms.
- Drizzle the remaining teaspoon of oil around the perimeter of the wok and add the leeks, celery, and garlic. Stir-fry until the leeks are wilted, about 2 minutes. Return the beef, mushrooms, and any accumulated juices from the plate to the wok. Stir the reserved soy sauce–cornstarch mixture and add it to the wok. Stir-fry until the beef is just cooked, about 30 to 60 seconds.
- Serve immediately with steamed rice.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:1.94, Inflammation Score:-7, Nutrition Score:19.925652089326%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 230.91kcal (11.55%), Fat: 10.4g (15.99%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 11.42g (4.15%), Sugar: 3.74g (4.16%), Cholesterol: 34.02mg (11.34%), Sodium: 747.95mg (32.52%), Alcohol: 1.21g (100%), Alcohol %: 0.63% (100%), Protein: 15.58g (31.17%), Vitamin B3: 8.72mg (43.59%), Vitamin D: 6.01µg (40.07%), Iron: 6.01mg (33.37%), Vitamin K: 34.86µg (33.2%), Manganese: 0.62mg (31.05%), Selenium: 20µg (28.58%), Vitamin B6: 0.53mg (26.37%), Copper: 0.52mg (25.76%), Potassium: 882.63mg (25.22%), Fiber: 5.28g (21.13%), Phosphorus: 209.19mg (20.92%), Zinc: 3.09mg (20.58%), Vitamin B2: 0.34mg (19.91%), Vitamin B5: 1.69mg (16.86%), Vitamin A: 751.41IU (15.03%), Magnesium: 44.82mg (11.2%), Folate: 40.61µg (10.15%), Vitamin B12: 0.52µg (8.6%), Vitamin E: 1.14mg (7.6%), Vitamin C: 5.69mg (6.89%), Vitamin B1: 0.09mg (6.14%), Calcium: 60.73mg (6.07%)