

## Asian Beef Salad

🕒 30 min    🍽️ 1 serving

328 Kcal / serving

22g Protein   22g Fat   12g Carbs

### Ingredients

- Rib Eye Beef Steak, 1 portion(s) (100 g)
- Sauce, fish, ready-to-serve, 1 tsp (5 g)
- Organic grated ginger, 1 tsp (5 g)
- Red chili flakes, 1/4 tsp (0.6 g)
- Spring Onions (Scallions), 1 medium (4-1/8" long) (15 g)
- Tomato, Fresh, 1/2 cup cherry tomatoes (74.5 g)
- Cucumber, 1/2 cup slices (52 g)
- 50/50 baby spinach, spring mix, baby lettuces, baby greens, 3 oz (85 g)
- Lime juice, raw, 2 tsp (10 g)
- Sesame seeds, 1 teaspoon (3 g)



### Instructions

1. Mix all ingredients for the beef marinade, fish sauce, ginger and chili flakes, and pour into a plastic bag.
2. Add the beef and marinate for 15 minutes or more at room temperature.
3. Chop all vegetables for the salad, except the scallions, into bite-sized pieces.
4. Heat a medium frying pan over medium heat.
5. Add sesame seeds to the dry pan, and toast them for a couple of minutes, or until they're lightly browned and fragrant. Set aside.
6. Pat the meat dry on both sides with paper towels. Fry for a minute or two on each side on high heat, or until cooked to medium.  
(In this dish, the beef is best served at medium, but you can make it well done if you prefer.)
7. Fry the scallions for a minute in the same pan.

8. Slice the meat, across the grain, into thin slices.
9. Place beef and scallions on top of the vegetables.
10. Drizzle with lime juice and sesame seeds.
11. It is ready to serve.

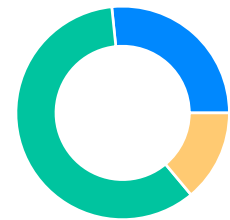
## Comments

Low carb, gluten free, dairy free, fodmap friendly.

A great dinner idea also, simply increase protein by more protein.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	327.9	93.7	327.9
Protein [g]	22.2	6.3	22.2
Fat [g]	22	6.3	22
Carbs [g]	11.6	3.3	11.6
Fiber [g]	4	1.1	4
Net Carbs [g]	7.6	2.2	7.6



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	129.7	37	129.7
Iron, Fe [mg]	4.2	1.2	4.2
Magnesium, Mg [mg]	56	16	56
Phosphorus, P [mg]	184.5	52.7	184.5
Potassium, K [mg]	997.6	284.9	997.6
Sodium, Na [mg]	546.1	156	546.1
Zinc, Zn [mg]	4.7	1.3	4.7
Vitamin A, RAE [ug]	46.8	13.4	46.8
Vitamin E [mg]	0.7	0.2	0.7
Vitamin D [ug]	0.2	0.1	0.2
Vitamin C [mg]	32.5	9.3	32.5
Thiamin [mg]	0.2	0.1	0.2

<b>Riboflavin [mg]</b>	0.3	0.1	0.3
<b>Niacin [mg]</b>	5.1	1.5	5.1
<b>Vitamin B6 [mg]</b>	0.5	0.1	0.5
<b>Vitamin B12 [ug]</b>	1.8	0.5	1.8
<b>Vitamin K [ug]</b>	271	77.4	271