

# Kholrabi (or Zucchini) Noodles With Steak

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/nigella-italian-steak-recipe>

## Ingredients:

- 2 steaks sliced lengthways
- 2 kohlrabi spiralised into noodles
- 1 cup red cabbage finely sliced
- 1 onion chopped
- 1/4 cup fennel shaved
- 2 cloves garlic pressed
- 1 handful chives finely chopped
- 1 handful coriander finely chopped
- 1 handful basil finely chopped
- 2 tablespoons turmeric grated
- 2 tablespoons ginger grated
- 2 tablespoons apple cider vinegar or lemon
- olive oil
- nigella seeds
- 1 cup oyster mushrooms chopped
- 1 tablespoon mustard organic
- 1/2 teaspoon paprika
- 1/2 teaspoon asafetida

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 21 grams
3. Fat: 6 grams
4. Fiber: 8 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 90 milligrams

8. Sugar: 8 grams

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