



Argentine Stuffed Flank Steak: Matambre

 Gluten Free

READY IN



145 min.

SERVINGS



8

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 4 small carrots thin
- ☐ 750 ml cooking wine dry red recommended: Argentine Malbec
- ☐ 4 large hardboiled eggs peeled quartered
- ☐ 2.5 pound flank steak trimmed
- ☐ 1 head garlic halved
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 8 servings olive oil extra-virgin

- ☐ 1 cup olives green spanish pitted halved lengthwise
- ☐ 1 large onion halved
- ☐ 1 large onion sliced into rings
- ☐ 1 handful oregano sprigs fresh
- ☐ 0.3 cup parmesan freshly grated
- ☐ 1 teaspoon pepper flakes red
- ☐ 0.3 pound pkt spinach fresh washed and drained, stems trimmed
- ☐ 1 handful thyme sprigs fresh

Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ cutting board
- ☐ kitchen twine

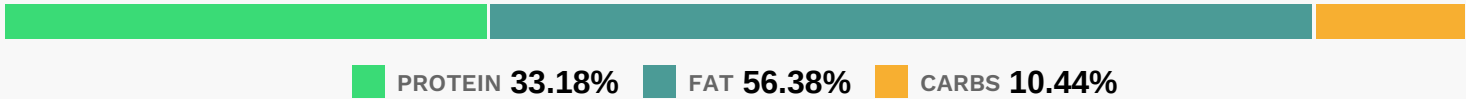
Directions

- ☐ Watch how to make this recipe.
- ☐ Butterfly the steak by slicing lengthwise and opening it up like a book. Pound the meat gently with a mallet to flatten and even out the thickness; rub all sides with olive oil and generously season with salt and pepper.
- ☐ With the steak lying lengthwise, scatter the spinach leaves evenly over the surface of the meat, leaving a 1-inch border all around. Arrange the carrots in long rows across the steak, about 2 inches apart.
- ☐ Put the egg strips and olives between the carrot rows. Scatter the onion rings and cheese over the filling, sprinkle with salt and red pepper flakes. Carefully roll the meat up over the filling, from bottom to top, into a long thick cylinder (jellyroll-style.) Tie with butcher's twine to hold it together, as you would a roast.
- ☐ Coat a large Dutch oven or pan with olive oil and put over moderate heat.
- ☐ Lay the stuffed steak in the hot oil and sear until browned on all sides, 5 to 7 minutes.
- ☐ Pour in the wine and enough water to come up almost to the top of the meat. Toss in the head of garlic, onion, and herbs to flavor the broth. Cover, and slowly simmer on medium-low

heat until the meat is fork-tender, about 1 1/2 hours, turning the meat over once halfway through cooking. Taste the broth before serving and adjust spices, if necessary.

- ☐
- Transfer the matambre to a cutting board and let rest for 15 minutes.
- ☐
- Remove the kitchen strings and cut crosswise into 1-inch slices the colors of the filling will look absolutely gorgeous spiraled in the steak. Spoon some of the sauce over the meat and serve. Matambre is good hot, room temperature, or cold.

Nutrition Facts



Properties

Glycemic Index:33.98, Glycemic Load:2, Inflammation Score:-10, Nutrition Score:29.003913319629%

Flavonoids

Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg

Nutrients (% of daily need)

Calories: 507.57kcal (25.38%), Fat: 27.35g (42.07%), Saturated Fat: 6.59g (41.19%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 8.93g (3.25%), Sugar: 3.29g (3.65%), Cholesterol: 180.42mg (60.14%), Sodium: 454.43mg (19.76%), Alcohol: 9.99g (100%), Alcohol %: 3.36% (100%), Protein: 36.22g (72.43%), Vitamin A: 5811.74IU (116.23%), Vitamin K: 83.67µg (79.69%), Selenium: 51.28µg (73.26%), Vitamin B6: 1.05mg (52.71%), Vitamin B3: 9.35mg (46.73%), Zinc: 6.04mg (40.28%), Phosphorus: 384.87mg (38.49%), Vitamin B12: 1.6µg (26.75%), Vitamin E: 3.92mg (26.11%), Potassium: 761.51mg (21.76%), Vitamin B2: 0.36mg (21.29%), Iron: 3.4mg (18.87%), Folate: 70.12µg (17.53%), Manganese: 0.32mg (16%), Magnesium: 56.85mg (14.21%), Vitamin B5: 1.41mg (14.1%), Calcium: 129.4mg (12.94%), Vitamin B1: 0.18mg (11.74%), Vitamin C: 9.54mg (11.57%), Fiber: 2.47g (9.88%), Copper: 0.19mg (9.41%), Vitamin D: 0.57µg (3.77%)