



Beef, Broccolini, and Bread Salad with Salsa Verde

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1018 kcal

SIDE DISH

Ingredients

- ☐ 4 fillet anchovy
- ☐ 1.5 pounds broccolini ends trimmed
- ☐ 0.3 cup capers
- ☐ 2 cups flat-leaf parsley sprigs loosely packed
- ☐ 5 garlic cloves
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup olive oil extra-virgin

- ☐ 1.5 tablespoons olive oil
- ☐ 1 teaspoon pepper
- ☐ 6 servings salsa verde
- ☐ 6 servings steak and salad
- ☐ 1.5 pounds new york strip steaks boneless fat trimmed
- ☐ 2.5 qts watercress sprigs loosely packed
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 5 slices pain au levain thick ()

Equipment

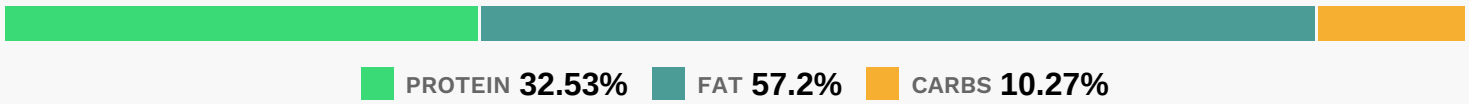
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Make salsa verde: Whirl garlic and anchovies in a food processor until finely chopped.
- ☐ Add remaining ingredients and pulse until herbs are chopped.
- ☐ Pour about 1/3 cup salsa verde into a medium bowl. Chill remaining salsa verde, covered.
- ☐ Add steaks to bowl, turn to coat, cover, and chill at least 2 and up to 24 hours; let stand at room temperature during last 30 minutes.
- ☐ Heat a grill to medium (about 350). Put broccolini on a rimmed pan and brush with about 1/4 cup reserved salsa verde.
- ☐ Brush bread with oil.
- ☐ Grill bread, broccolini, and steak, turning once, until bread is browned and crisp (5 to 8 minutes), broccolini is tender-crisp and tops are lightly charred (about 10 minutes), and steaks are medium-rare (12 to 17 minutes).
- ☐ Transfer to a board as done; tent steaks with foil and let rest 5 minutes.

- ☐
- Cut bread into small chunks and cut broccolini into 2 or 3 pieces on a diagonal. Slice steaks diagonally across the grain about 1/2 in. thick, then cut pieces in half.
- ☐
- Toss watercress in a large bowl with enough of reserved salsa verde to coat lightly, then transfer to a platter or plates. Toss bread, broccolini, and steak with remaining dressing and arrange over watercress.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.46, Inflammation Score:-10, Nutrition Score:60.780869680902%

Flavonoids

Apigenin: 43.17mg, Apigenin: 43.17mg, Apigenin: 43.17mg, Apigenin: 43.17mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 103.88mg, Kaempferol: 103.88mg, Kaempferol: 103.88mg, Kaempferol: 103.88mg Myricetin: 3.8mg, Myricetin: 3.8mg, Myricetin: 3.8mg, Myricetin: 3.8mg Quercetin: 135.13mg, Quercetin: 135.13mg, Quercetin: 135.13mg, Quercetin: 135.13mg

Nutrients (% of daily need)

Calories: 1018.03kcal (50.9%), Fat: 65.86g (101.33%), Saturated Fat: 26.22g (163.88%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 21.6g (7.85%), Sugar: 10.84g (12.04%), Cholesterol: 208.63mg (69.54%), Sodium: 1335.68mg (58.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.27g (168.55%), Vitamin K: 1328.3µg (1265.05%), Vitamin C: 302.67mg (366.88%), Vitamin A: 16536.21IU (330.72%), Selenium: 87.84µg (125.49%), Zinc: 18.21mg (121.37%), Vitamin B6: 1.92mg (95.94%), Vitamin B3: 18.88mg (94.38%), Vitamin B12: 5.65µg (94.18%), Vitamin B2: 1.34mg (78.98%), Phosphorus: 753.85mg (75.38%), Potassium: 2455.38mg (70.15%), Calcium: 619.34mg (61.93%), Manganese: 1.09mg (54.67%), Iron: 9.61mg (53.4%), Vitamin B1: 0.7mg (46.84%), Magnesium: 172.82mg (43.2%), Vitamin E: 5.74mg (38.27%), Copper: 0.65mg (32.67%), Folate: 89.18µg (22.29%), Fiber: 5g (20%), Vitamin B5: 1.34mg (13.42%), Vitamin D: 0.34µg (2.26%)