



Beef Medallions with Fresh Horseradish Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce beef top sirloin steaks
- ☐ 1 pinch cayenne pepper to taste
- ☐ 2 cups cherry tomatoes quartered
- ☐ 0.3 cup crème fraîche
- ☐ 2 teaspoons chives fresh divided chopped
- ☐ 2 tablespoons horseradish raw freshly grated to taste
- ☐ 1 tablespoon rice wine vinegar
- ☐ 0.3 teaspoon salt to taste

- ☐ 2 servings salt and pepper black freshly ground to taste
- ☐ 2 tablespoons vegetable oil
- ☐ 3 tablespoons water
- ☐ 0.3 teaspoon sugar white

Equipment

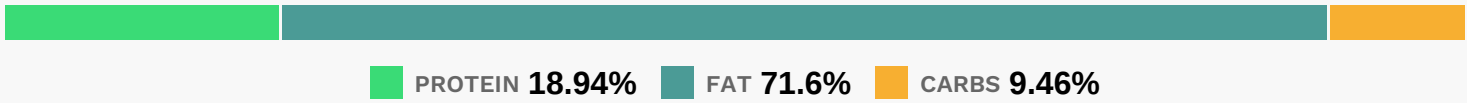
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place cherry tomatoes into a bowl and season with black pepper, salt, and sugar. Stir in rice wine vinegar.
- ☐ Let stand about 15 minutes to let flavors blend.
- ☐ Stir 2 tablespoons horseradish into creme fraiche in a small bowl; season with 1/2 teaspoon salt. Refrigerate until needed.
- ☐ Cut steaks in half across the grain and pound each piece to about 3/8 inch thick. Season each side generously with salt, black pepper, and a pinch of cayenne pepper.
- ☐ Lay steaks onto a work surface and sprinkle each piece lightly with flour. Pat the flour into the meat. Repeat on other side.
- ☐ Let meat rest for 10 minutes to let flour adhere.
- ☐ Place a heavy skillet over medium-high heat, pour in vegetable oil, and heat until small wisps of smoke are visible rising off the oil.
- ☐ Lay steaks into the hot oil (meat should sizzle) and sear until browned, about 2 minutes per side. When you see beef juices accumulate on the surface of the meat, flip and brown the other side, about 2 minutes more.
- ☐ Transfer to a plate and let rest for about 2 minutes.
- ☐ Pour excess oil from the skillet and pour water into the skillet. Scrape up and dissolve any browned meat juices from the bottom of the skillet; continue to cook until slightly thickened, about 30 seconds.
- ☐ Pour pan juices over tomatoes and stir to combine.

Divide about half the tomato mixture with juice per serving into the bottom of 2 large soup plates. Top each with 2 beef medallions and a spoonful of horseradish cream. Grate about 1/2 teaspoon horseradish over each serving and top with about 1 teaspoon of chives.

Nutrition Facts



Properties

Glycemic Index:132.05, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:16.696086883545%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 423.03kcal (21.15%), Fat: 33.93g (52.2%), Saturated Fat: 11.1g (69.36%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 8.48g (3.08%), Sugar: 6.74g (7.49%), Cholesterol: 70.24mg (23.41%), Sodium: 429.24mg (18.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.2g (40.4%), Vitamin C: 38.67mg (46.87%), Vitamin B12: 2.44µg (40.75%), Vitamin K: 32.29µg (30.75%), Selenium: 16.68µg (23.83%), Vitamin B6: 0.47mg (23.52%), Phosphorus: 224.69mg (22.47%), Zinc: 3.26mg (21.74%), Vitamin A: 1032.61IU (20.65%), Vitamin B3: 3.99mg (19.93%), Potassium: 677.96mg (19.37%), Iron: 2.85mg (15.83%), Vitamin B2: 0.26mg (15.04%), Vitamin E: 2.11mg (14.08%), Manganese: 0.21mg (10.66%), Copper: 0.2mg (10.1%), Vitamin B1: 0.15mg (9.91%), Magnesium: 39.28mg (9.82%), Folate: 36.44µg (9.11%), Calcium: 71.39mg (7.14%), Fiber: 1.6g (6.41%), Vitamin B5: 0.6mg (6.03%)