



Beef Tenderloin with Aromatic Thai Spices

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons asian fish sauce
- ☐ 32 ounce beef tenderloin steaks thick ()
- ☐ 4 garlic thinly sliced
- ☐ 7 kaffir lime leaves chopped
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 6 strips orange zest
- ☐ 8 rosemary sprigs

- ☐ 2 shallots thinly sliced
- ☐ 10 thai chiles dried coarsely chopped
- ☐ 10 thyme sprigs
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 cup vegetable oil

Equipment

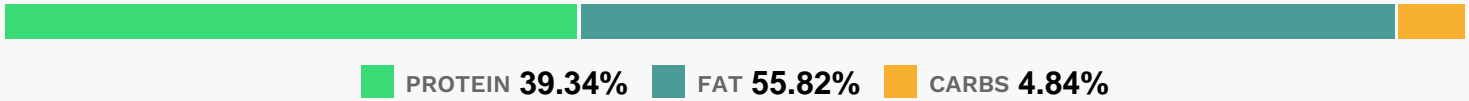
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ In a small saucepan, heat the vegetable oil.
- ☐ Add the garlic and cook over low heat until pale golden and crisp, stirring constantly, about 3 minutes.
- ☐ Drain the garlic chips on paper towels and reserve the oil; let both cool to room temperature.
- ☐ Using a sharp paring knife, make 1-inch slits all over the tenderloin steaks. Stuff the slits with the garlic chips.
- ☐ Fill a large, sturdy, resealable plastic freezer bag with the shallots, rosemary, thyme, lime leaves, orange zest, fish sauce, soy sauce, dried chiles and the reserved garlic oil.
- ☐ Add the steaks and seal, turning to coat the meat with the marinade.
- ☐ Let stand at room temperature for 2 hours.
- ☐ Bring a large pot of water barely to a simmer; the water should register 135 on a candy or instant-read thermometer. Discard most of the marinade and reseal the plastic bag, pressing out any air.

- ☐ Add the bag to the water and cover with a rack or plate to keep it submerged. Cook the meat in the bag at 135 for 45 minutes, adjusting the heat as necessary to maintain the temperature.
- ☐ Remove the bag from the water.
- ☐ Transfer the steaks to a plate; scrape off the marinade.
- ☐ In a skillet, melt the butter in the olive oil and heat until nearly smoking.
- ☐ Add the steaks and cook over high heat, turning once, until browned and an instant-read thermometer inserted in the thickest part of the steaks registers 130 for medium-rare, 6 minutes.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:29.322608723589%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 549.12kcal (27.46%), Fat: 33.6g (51.7%), Saturated Fat: 9.37g (58.55%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.23g (1.9%), Sugar: 1.83g (2.04%), Cholesterol: 152.67mg (50.89%), Sodium: 1599.6mg (69.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.29g (106.57%), Selenium: 70.77µg (101.1%), Vitamin B6: 1.6mg (79.82%), Vitamin B3: 15.16mg (75.82%), Zinc: 9.36mg (62.37%), Phosphorus: 529.39mg (52.94%), Vitamin B12: 2.16µg (35.97%), Vitamin C: 26.33mg (31.92%), Vitamin K: 31.35µg (29.86%), Potassium: 1004.05mg (28.69%), Iron: 4.81mg (26.7%), Magnesium: 92.67mg (23.17%), Vitamin B2: 0.35mg (20.67%), Vitamin E: 2.55mg (17.02%), Vitamin B5: 1.63mg (16.28%), Manganese: 0.29mg (14.37%), Vitamin B1: 0.2mg (13.46%), Folate: 51.78µg (12.95%), Copper: 0.24mg (11.86%), Calcium: 87.52mg (8.75%), Vitamin A: 309.07IU (6.18%), Fiber: 1.32g (5.27%)