



Carrot-Beef Sushi with Caper-Basil Mustard



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



60

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons basil chopped
- ☐ 2 beef top loin steaks boneless 1-inch-thick () (strip)
- ☐ 1 tablespoon capers drained finely chopped
- ☐ 1 pound carrots trimmed to 6 inches long (2 to 4)
- ☐ 3 tablespoons dijon mustard
- ☐ 3 tablespoons flat-leaf parsley chopped
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 60 servings garnish: flaky sea salt such as maldon
- ☐ 2 tablespoons shallots minced
- ☐ 1 tablespoon vegetable oil

Equipment

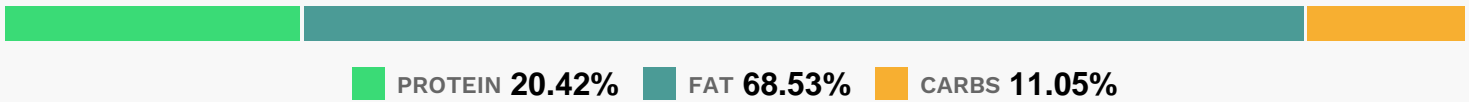
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ slotted spoon
- ☐ cutting board
- ☐ peeler

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Heat a dry 12-inch heavy skillet (not nonstick) over medium-high heat until hot, about 2 minutes. Meanwhile, pat steaks dry and sprinkle all over with 1/2 teaspoon each of salt and pepper (total).
- ☐ Add vegetable oil to hot skillet, swirling to coat bottom, then brown steaks, turning once, about 4 minutes total.
- ☐ Transfer steaks to a small shallow baking pan and roast in oven 5 minutes.
- ☐ Transfer to a cutting board and cool about 30 minutes.
- ☐ While steaks cool, cut carrots lengthwise into 42 (1-inch-wide) ribbons (less than 1/16 inch thick) with an adjustable-blade slicer or a vegetable peeler.
- ☐ Cook ribbons in a pot of boiling salted water (2 tablespoons salt for 4 quarts water), uncovered, until just tender, about 3 minutes.

- ☐ Transfer with a slotted spoon to an ice bath to stop cooking. Carefully drain, then pat ribbons dry.
- ☐ Whisk together basil, parsley, mustard, shallots, capers, and garlic in a small bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Trim fat and gristle from steaks, then cut each lengthwise into 3 (3/4- to 1-inch-wide) strips.
- ☐ Place a sushi mat with slats running crosswise or a 9-inch square of parchment paper on a work surface. Arrange 6 to 8 carrot ribbons side by side lengthwise, following slats and slightly overlapping, to form a 6-inch square.
- ☐ Spread about 1 tablespoon of mustard sauce evenly across bottom half of carrot square, then lay 1 strip of steak across carrots 1 inch from edge nearest you.
- ☐ Roll up carrots and beef tightly, using sushi mat as an aid.
- ☐ Transfer beef roll, seam side down, to a cutting board, then trim ends and cut crosswise into about 10 (1/2-inch) pieces. Make and cut 5 more rolls. Turn pieces upright to serve.
- ☐ Beef rolls can be assembled (but not cut into pieces) 1 day ahead and chilled, each roll wrapped tightly in plastic wrap.
- ☐ Cut rolls while cold, then bring to room temperature, covered with plastic wrap, before serving, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:4.01, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:2.4056521369063%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 30.95kcal (1.55%), Fat: 2.36g (3.64%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.59g (0.21%), Sugar: 0.4g (0.44%), Cholesterol: 6.48mg (2.16%), Sodium: 214.89mg (9.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin A: 1285.81IU (25.72%), Vitamin K: 5.7µg (5.43%), Selenium: 1.98µg (2.83%), Vitamin B6: 0.05mg (2.67%), Vitamin B3: 0.47mg (2.37%), Zinc: 0.28mg (1.86%),

Phosphorus: 17.63mg (1.76%), Potassium: 50.73mg (1.45%), Vitamin E: 0.21mg (1.38%), Vitamin B12: 0.07µg (1.16%),
Fiber: 0.27g (1.07%)