



## Crab Stuffed Steak With a Bearnaise Sauce

 Gluten Free

READY IN



50 min.

SERVINGS



2

CALORIES



496 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 20 asparagus
- 4 slices bacon
- 1 small rib celery stalks chopped cut in half, then thinly
- 2 medium surimi crab sticks (read description above.)
- 1 teaspoon tarragon dried
- 4 tablespoons wine dry white
- 2 teaspoons parsley fresh finely chopped
- 2 garlic clove crushed

- 2 spring onion sliced
- 1 teaspoon horseradish
- 3 teaspoons juice of lemon
- 0.5 teaspoon lemon pepper
- 50 ml cream light (I used reduced fat.)
- 2 servings olive oil
- 2 teaspoons parsley
- 23 g bearnaise sauce mix (mine was 23g sachet made up 300ml, I added 200ml of milk and made up the last 100ml of liquid from t)
- 2 fillet fat-trimmed beef flank steak thick
- 1 dash all the tabasco sauce you handle
- 1 tablespoon citrus champagne vinegar
- 1 teaspoon worcestershire sauce

## Equipment

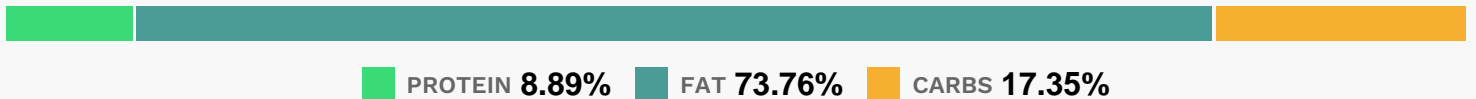
- frying pan
- sauce pan
- oven
- whisk
- stove
- meat tenderizer

## Directions

- Make stuffing.
- Remove crab from legs, break meat up.
- Heat a small amount of olive oil in a pan, add celery and onion cook 1 minute, add garlic cook for a further 2 minutes stirring or until celery and onion soften.
- Add parsley, pepper and crab, stir to combine, remove and set to one side. Steaks.

- Cut steak horizontally through the middle being careful not cut all the way through. Open steak out so it is butterflied, take a meat mallet and pound to flatten slightly. Divide stuffing mix between the 2 steaks, placing it on one half of the steak, fold the remaining half over the top.
- Spread half a teaspoon of horseradish over the top of each steak, wrap 2 bacon rashers around each one to secure. Cook steaks in a hot pan 2 minutes each side to brown,
- Place steaks in oven proof dish and cook in a pre-heated oven of 180 degrees Celsius for 15-20 minutes depending on how thick they are for a nice pink centre. Sauce.
- Pour bearnaise into a saucepan, add 200ml of milk whisk to combine, heat stirring until sauce starts to thicken.
- Add sauce, juice, wine, vinegar, Tabasco, cream and herbs, cooking stirring until mixture thickens. Sauce can be left on a warm stove to keep warm, just stir occasionally. Asparagus. Trim ends of asparagus, take 5 spears and wrap a slice of bacon around to secure, repeat with remaining asparagus and bacon.
- Place in an oiled oven proof dish and cook for 10 minutes. They are cooked at the same temp as the steak so I just pop them in when the steaks have 10 more minutes to go. To
- Serve: I served mine over mash, topped with the steak, place asparagus on top and drizzle with sauce.

## Nutrition Facts



### Properties

Glycemic Index:171, Glycemic Load:1.93, Inflammation Score:-9, Nutrition Score:20.854347830233%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 9.12mg, Isorhamnetin: 9.12mg, Isorhamnetin: 9.12mg, Isorhamnetin: 9.12mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 23.74mg, Quercetin: 23.74mg, Quercetin: 23.74mg, Quercetin: 23.74mg

### Nutrients (% of daily need)

Calories: 495.69kcal (24.78%), Fat: 39.77g (61.19%), Saturated Fat: 12.83g (80.2%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 16.99g (6.18%), Sugar: 8.65g (9.61%), Cholesterol: 58.1mg (19.37%), Sodium: 369.46mg (16.06%), Alcohol: 3.09g (100%), Alcohol %: 1.21% (100%), Protein: 10.78g (21.57%), Vitamin K: 105µg (100%), Vitamin A: 1668.79IU (33.38%), Vitamin E: 4.33mg (28.84%), Manganese: 0.51mg (25.72%), Iron: 4.62mg (25.65%), Vitamin B1: 0.38mg (25.28%), Folate: 99.23µg (24.81%), Vitamin C: 17.14mg (20.78%), Selenium: 13.95µg (19.93%), Vitamin B2: 0.33mg (19.62%), Copper: 0.38mg (18.8%), Phosphorus: 187.96mg (18.8%), Vitamin B6: 0.37mg (18.31%), Vitamin B3: 3.66mg (18.29%), Potassium: 586.25mg (16.75%), Fiber: 4.06g (16.22%), Zinc: 1.75mg (11.7%), Magnesium: 42.6mg (10.65%), Calcium: 95.06mg (9.51%), Vitamin B5: 0.81mg (8.13%), Vitamin B12: 0.38µg (6.29%), Vitamin D: 0.33µg (2.19%)