



Dad's minute steak with golden onions

READY IN



40 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tbsp red wine
- ☐ 2 tbsp soya sauce
- ☐ 1 tbsp dijon mustard
- ☐ 1 tsp g muscovado sugar light
- ☐ 450 g fat-trimmed beef flank steak cut into strips
- ☐ 1 tbsp olive oil
- ☐ 1 large onion thinly sliced
- ☐ 4 slices sandwich bread white thick (choose Dad's favourite, either or brown)
- ☐ 50 g butter

☐ 4 servings watercress

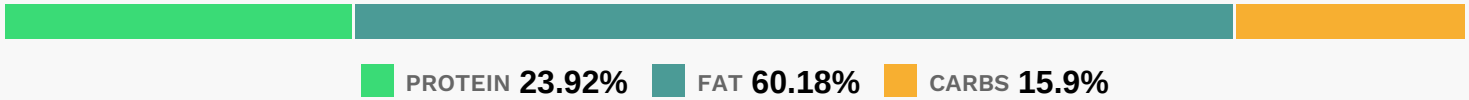
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Mix the wine, soy sauce, mustard and sugar in a big bowl. Toss in the steak strips, season well with pepper and leave to sit and soak while you get everything else ready.
- ☐ Pour the oil into a large frying pan and heat it up over a medium heat for a minute or so. Tip in the onion slices, turn the heat up to very high and cook for 3–4 minutes, stirring often to get the onions really golden brown. Take the onions out and keep them warm.
- ☐ Lift the steak strips out of the marinade with a slotted spoon and stir fry them in the onion pan over a very high heat for 30 seconds (do it in two batches if its easier).
- ☐ Pour in the marinade from the bowl and boil for a few seconds until it sticks to the meat but is still juicy. Season with salt and pepper and keep warm.
- ☐ Toast the bread and then spread with the garlic butter and cut each slice in half. Overlap two pieces of toast on each plate, top with a spoonful of onions, then the steak and more onions. Put a little pile of watercress on each plate and serve straightaway.

Nutrition Facts



Properties

Glycemic Index:61.44, Glycemic Load:9.78, Inflammation Score:-8, Nutrition Score:22.036521735399%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 2.6mg, Malvidin: 2.6mg, Malvidin: 2.6mg, Malvidin: 2.6mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 8.09mg, Kaempferol: 8.09mg, Kaempferol: 8.09mg, Kaempferol: 8.09mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 18mg, Quercetin: 18mg, Quercetin: 18mg, Quercetin: 18mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 467.47kcal (23.37%), Fat: 30.65g (47.15%), Saturated Fat: 14.22g (88.91%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 16.61g (6.04%), Sugar: 4.1g (4.55%), Cholesterol: 95.5mg (31.83%), Sodium: 818.6mg (35.59%), Alcohol: 1.99g (100%), Alcohol %: 0.98% (100%), Protein: 27.41g (54.83%), Vitamin K: 90µg (85.72%), Selenium: 35.26µg (50.38%), Zinc: 6.19mg (41.29%), Vitamin B3: 7.23mg (36.17%), Vitamin B12: 1.89µg (31.48%), Vitamin B6: 0.59mg (29.64%), Vitamin A: 1418.23IU (28.36%), Phosphorus: 244.62mg (24.46%), Vitamin B2: 0.41mg (23.88%), Vitamin C: 17.41mg (21.1%), Vitamin B1: 0.29mg (19.17%), Iron: 3.31mg (18.39%), Manganese: 0.37mg (18.26%), Potassium: 550.32mg (15.72%), Magnesium: 49.24mg (12.31%), Calcium: 119.41mg (11.94%), Folate: 43.76µg (10.94%), Copper: 0.18mg (8.85%), Vitamin E: 1.21mg (8.06%), Fiber: 1.62g (6.46%), Vitamin B5: 0.35mg (3.51%)