



Flank Steak with Artichoke-Potato Hash and Aleppo-Pepper Aioli

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons ground aleppo pepper
- 8 baby artichokes trimmed
- 1 teaspoon kosher salt
- 1.5 pound flank steak
- 2 tablespoons chives fresh chopped
- 1.5 tablespoons thyme sprigs fresh
- 1 garlic clove minced

- 2 garlic clove pressed
- 0.3 teaspoon pepper black
- 2 tablespoons cup heavy whipping cream
- 0.5 optional: lemon
- 0.5 cup mayonnaise
- 3 tablespoons olive oil extra virgin extra-virgin divided
- 1.3 pounds potatoes yellow unpeeled (such as baby Dutch or Russian Banana)
- 1 teaspoon sherry vinegar
- 2 thyme sprigs fresh
- 1 tablespoon vegetable oil
- 0.5 cup water

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- aluminum foil
- mortar and pestle

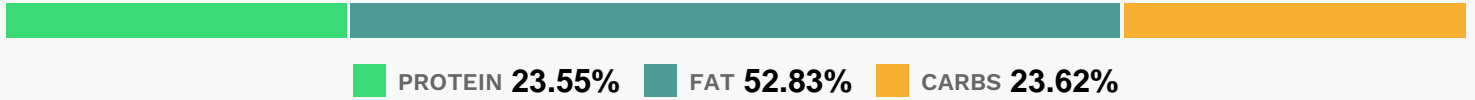
Directions

- Mash garlic, Aleppo pepper, and 1/4teaspoon coarse salt to paste in mortar withpestle or in small bowl with back of spoon.
- Whisk in remaining ingredients. DO AHEAD: Can be made 2 days ahead. Cover and chill.
- Mix thyme, Aleppo pepper,1 teaspoon coarse salt, and 1/4 teaspoonblack pepper in small bowl. Rub seasoningmixture into steak; set aside. DO AHEAD: Canbe made 4 hours ahead. Cover; chill. Bringto room temperature before continuing.

- Squeeze juice from lemon half into medium bowl of water.
- Cut 1/2 inch from tops of artichokes. Working with 1 artichoke at a time, break off dark outer leaves until only pale yellow leaves remain.
- Cut artichokes lengthwise in half; cut each half into 1/2-inch wedges.
- Place in lemon water to prevent browning.
- Place potatoes in heavy large saucepan.
- Add enough cold water to cover; sprinkle with salt. Bring to boil; reduce heat to medium-high and boil until potatoes are just tender, 8 to 10 minutes.
- Drain.
- Transfer to baking sheet until cool enough to handle. Halve or quarter potatoes.
- Drain artichokes; pat to dry well, then sprinkle with salt and pepper.
- Heat 2 tablespoons olive oil in heavy large skillet over medium-high heat.
- Add artichokes and sauté until browned, about 4 minutes.
- Add 1/2 cup water, thyme sprigs, and garlic. Cover skillet and simmer over medium heat until artichokes are tender, about 5 minutes. Uncover and boil until no liquid remains, stirring often, 2 to 3 minutes.
- Add remaining 1 tablespoon olive oil and potatoes; stir to coat.
- Add cream and sprinkle with salt and pepper. Cook until potatoes are heated through and browned in spots, stirring often, about 6 minutes. Season hash to taste with salt and pepper. DO AHEAD: Can be made 1 hour ahead.
- Let stand at room temperature.
- Preheat oven to 400°F.
- Heat peanut oil in heavy large ovenproof skillet over high heat.
- Add steak and cook until bottom is brown, about 2 minutes. Turn steak over; transfer to oven and roast until cooked to desired doneness, about 7 minutes for medium-rare.
- Transfer to work surface; tent with foil to keep warm.
- Let rest 10 minutes.
- Meanwhile, rewarm artichoke potato hash gently over medium heat. Stir in chopped chives. Thinly slice steak crosswise. Divide steak and hash among plates.
- Drizzle some aioli over steak.

Serve, passing remaining aioli alongside.

Nutrition Facts



Properties

Glycemic Index:64.38, Glycemic Load:12.54, Inflammation Score:-10, Nutrition Score:22.732608556747%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 514.01kcal (25.7%), Fat: 30.96g (47.64%), Saturated Fat: 7.06g (44.1%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 22.11g (8.04%), Sugar: 3.34g (3.71%), Cholesterol: 81.53mg (27.18%), Sodium: 727.7mg (31.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.11%), Vitamin B6: 1.02mg (50.84%), Selenium: 34.71µg (49.59%), Vitamin K: 45.12µg (42.97%), Vitamin B3: 8.2mg (41.01%), Vitamin C: 30.08mg (36.46%), Fiber: 9.05g (36.21%), Zinc: 4.76mg (31.71%), Phosphorus: 298.47mg (29.85%), Vitamin A: 1442.34IU (28.85%), Iron: 4.97mg (27.61%), Potassium: 841.67mg (24.05%), Vitamin B12: 1.06µg (17.71%), Vitamin E: 2.46mg (16.41%), Magnesium: 53.44mg (13.36%), Manganese: 0.25mg (12.45%), Vitamin B2: 0.19mg (11.44%), Vitamin B1: 0.17mg (11.35%), Copper: 0.22mg (11.06%), Vitamin B5: 1.08mg (10.84%), Calcium: 97.55mg (9.75%), Folate: 34.22µg (8.55%)