



HEALTH SCORE

100%

Griddled rump steak with watercress, hazelnut & red chilli pesto



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN

**35 min.**

SERVINGS

**2**

CALORIES

**576 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g blanched hazelnuts
- ☐ 1 chilli red deseeded roughly sliced
- ☐ 85 g watercress
- ☐ 1.5 tbsp olive oil for griddling
- ☐ 1 tbsp balsamic vinegar
- ☐ 2 rump steaks

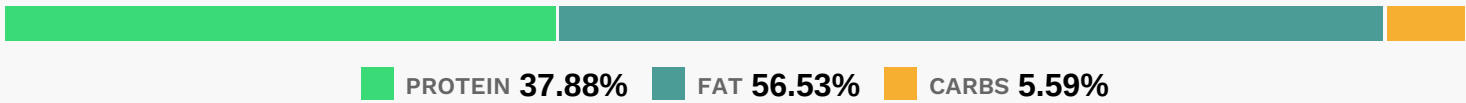
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Place the hazelnuts in a baking tray, then toast in the oven for 5–10 mins until golden (you can roast the garlic for the mash at the same time). Leave the nuts to cool a little.
- ☐ Put the cooled nuts, chilli, 50g of the watercress, 1 tbsp olive oil, 1 tbsp balsamic and some seasoning in a food processor, then blitz until finely chopped. The mixture shouldnt be too smooth there should still be some texture to the nuts. Set aside.
- ☐ Heat a griddle pan until smoking hot. Rub the steaks with a little oil, then season both sides with salt. Cook the steaks on the griddle for 2 mins on each side this will give you medium rare (cook for 3 mins for medium or 4 mins for well done, if you prefer).
- ☐ Remove from the griddle, then sit on a plate for 5 mins to rest. Stir any juices from the resting steak into the pesto theyre delicious and shouldnt be wasted.
- ☐ To serve, divide the Roasted garlic mash (recipe, below) between 2 plates, top with a little watercress, then sit a steak across it. Top the steaks with a large tbsp of the pesto and drizzle the rest of the balsamic over.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:1.79, Inflammation Score:-9, Nutrition Score:42.588695184044%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 9.79mg, Kaempferol: 9.79mg, Kaempferol: 9.79mg, Kaempferol: 9.79mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg

Nutrients (% of daily need)

Calories: 575.64kcal (28.78%), Fat: 36.28g (55.82%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 5.09g (1.85%), Sugar: 3.56g (3.95%), Cholesterol: 137.86mg (45.95%), Sodium: 150.32mg (6.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.7g (109.41%), Vitamin K: 122.21µg (116.39%), Vitamin B3: 17.58mg (87.92%), Manganese: 1.73mg (86.58%), Selenium: 58.72µg (83.89%), Vitamin B6: 1.67mg (83.38%), Zinc: 10.08mg (67.2%), Vitamin C: 52.18mg (63.25%), Phosphorus: 572.49mg (57.25%), Vitamin B12: 2.69µg (44.82%), Vitamin E: 6.59mg (43.92%), Potassium: 1164.69mg (33.28%), Copper: 0.66mg (32.94%), Vitamin A: 1575.38IU (31.51%), Iron: 5.29mg (29.4%), Magnesium: 107.79mg (26.95%), Vitamin B1: 0.35mg (23.54%), Vitamin B2: 0.34mg (20.02%), Vitamin B5: 1.88mg (18.8%), Folate: 66.63µg (16.66%), Calcium: 148.2mg (14.82%), Fiber: 2.97g (11.9%), Vitamin D: 0.23µg (1.51%)