



Grilled Skirt Steaks with Tomatillos Two Ways

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cilantro leaves packed
- ☐ 1 cup cilantro leaves
- ☐ 1 tablespoon t brown sugar dark packed
- ☐ 2 garlic clove
- ☐ 0.8 teaspoon ground cumin
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 teaspoon blackstrap molasses (not blackstrap)
- ☐ 4 pasilla de oaxaca dried smoked (chiles)

- ☐ 2 teaspoons shallots finely chopped
- ☐ 1.8 pounds skirt steak halved
- ☐ 0.5 pound tomatillos fresh husked rinsed
- ☐ 0.3 cup vegetable oil divided

Equipment

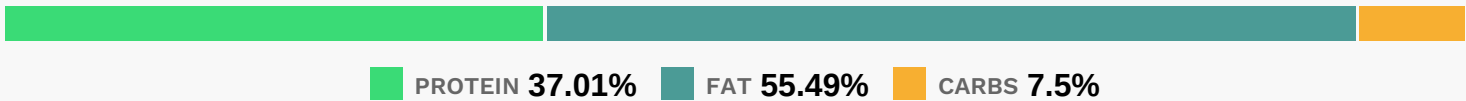
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ tongs
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Slit chiles lengthwise, then stem and seed.
- ☐ Heat a dry heavy skillet (not nonstick) over medium heat until hot, then toast chiles, opened flat, turning and pressing with tongs, until more pliable and slightly changed in color, about 1 minute. Cover chiles with hot water in a bowl and soak until softened, about 20 minutes, then drain.
- ☐ Purée chiles, tomatillos, cilantro, garlic, brown sugar, molasses, cumin, and 1 teaspoon salt in a blender until smooth, about 1 minute.
- ☐ Heat oil in a 10-inch heavy skillet over medium-high heat until it shimmers, then cook salsa (it will spatter), stirring occasionally, until slightly thicker, 5 to 8 minutes.
- ☐ Prepare a grill for direct-heat cooking over hot charcoal (high heat for gas); see Grilling Procedure.
- ☐ Whisk together 2 tablespoons oil, cumin, 1 1/2 teaspoons salt, and 1 tsp pepper, then coat steaks.

- ☐ Oil grill rack, then grill steaks, covered only if using a gas grill, turning once, until grill marks appear, 4 to 6 minutes total for medium-rare.
- ☐ Let steaks rest on a cutting board, loosely covered with foil, 10 minutes.
- ☐ Thinly slice tomatillos and toss with cilantro, shallot, lime juice, remaining 2 tablespoons oil, and salt and pepper to taste.
- ☐ Cut steaks into serving pieces and top with salsa and salad.
- ☐ •Steaks can be cooked in a hot oiled 2-burner grill pan over medium-high heat, 4 to 10 minutes for medium-rare. •Salsa (not salad) can be made 1 day ahead and chilled. Rewarm before serving.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:18.190434813499%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 312.72kcal (15.64%), Fat: 19.55g (30.08%), Saturated Fat: 5.24g (32.78%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 5.01g (1.82%), Sugar: 4.44g (4.93%), Cholesterol: 83.59mg (27.86%), Sodium: 97.8mg (4.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.69%), Zinc: 8.66mg (57.74%), Vitamin B12: 2.82µg (46.97%), Selenium: 29.74µg (42.48%), Vitamin B3: 8.3mg (41.51%), Vitamin K: 39.09µg (37.22%), Vitamin B6: 0.63mg (31.48%), Vitamin B2: 0.45mg (26.33%), Phosphorus: 224.89mg (22.49%), Iron: 2.92mg (16.23%), Potassium: 547.75mg (15.65%), Manganese: 0.24mg (11.84%), Magnesium: 42.49mg (10.62%), Vitamin B5: 0.88mg (8.76%), Vitamin A: 417.83IU (8.36%), Copper: 0.16mg (8.22%), Vitamin C: 6.75mg (8.18%), Vitamin E: 1.17mg (7.77%), Vitamin B1: 0.1mg (6.96%), Fiber: 0.94g (3.77%), Folate: 10.39µg (2.6%), Calcium: 23.19mg (2.32%)