



## Grilled Skirt with Herbed Breadcrumbs and Bagna Cauda Sauce

READY IN

ready

75 min.

SERVINGS

servings

4

CALORIES

calories

821 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 fillet anchovy
- ☐ 6 tablespoons butter cut into pats
- ☐ 1 tablespoon chives finely chopped
- ☐ 4 servings bell pepper red crushed
- ☐ 1 tablespoon flat-leaf parsley finely chopped
- ☐ 1 clove garlic smashed
- ☐ 4 cloves garlic smashed
- ☐ 0.5 juice of lemon

- ☐ 4 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 tablespoon oregano finely chopped
- ☐ 1 cup panko breadcrumbs
- ☐ 2 pounds skirt steak trimmed

## Equipment

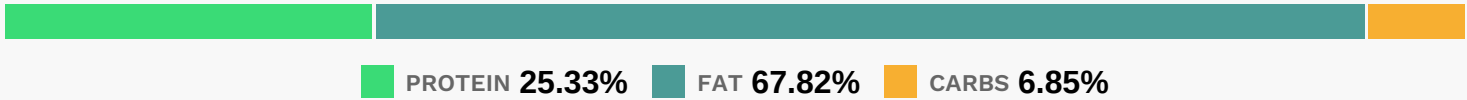
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ grill

## Directions

- ☐ Watch how to make this recipe.
- ☐ Sprinkle the steak with kosher salt and crushed red pepper.
- ☐ Drizzle with oil and let sit for 30 to 40 minutes.
- ☐ Coat a large saute pan with olive oil and add the smashed garlic and a pinch of crushed red pepper.
- ☐ Sprinkle with salt. Bring the pan to a medium-high heat and toss in the breadcrumbs. Toss the breadcrumbs around until they start to get nice and brown and toasted.
- ☐ Remove the pan from the heat and stir in the herbs.
- ☐ Transfer the breadcrumbs to another container and reserve. Wipe the pan out with a paper towel.
- ☐ Preheat a grill.
- ☐ Add the olive oil to the pan. Toss in the garlic, anchovies and lemon juice and bring the pan to a medium heat stirring constantly. When the anchovies have melted away, whisk in the butter 1 pat at a time until combined. Taste the sauce to make sure it is delicious. Keep warm until ready to use.

- ☐
- Place the skirt steak on the grill. After 2 minutes rotate the steak 90 degrees to create grill marks and grill for 1 more minute. Flip the steak and grill for 2 more minutes.
- ☐
- Remove from the grill and sprinkle liberally with the reserved breadcrumbs; let rest for 5 to 10 minutes.
- ☐
- Serve the steak drizzled with the bagna cauda sauce.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:33.526957045431%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 821.11kcal (41.06%), Fat: 62.71g (96.47%), Saturated Fat: 21.17g (132.3%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 12.22g (4.44%), Sugar: 1.29g (1.44%), Cholesterol: 190.43mg (63.48%), Sodium: 627.39mg (27.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.69g (105.39%), Zinc: 15.09mg (100.61%), Vitamin B12: 4.94µg (82.4%), Selenium: 56.35µg (80.51%), Vitamin B3: 14.77mg (73.87%), Vitamin B6: 1.12mg (55.81%), Vitamin B2: 0.84mg (49.15%), Vitamin K: 50.37µg (47.97%), Phosphorus: 400.92mg (40.09%), Vitamin E: 5.72mg (38.12%), Iron: 5.95mg (33.07%), Vitamin A: 1276.65IU (25.53%), Manganese: 0.49mg (24.67%), Potassium: 793.73mg (22.68%), Vitamin B1: 0.3mg (20.1%), Magnesium: 66.74mg (16.69%), Vitamin B5: 1.51mg (15.1%), Copper: 0.28mg (13.87%), Calcium: 88.02mg (8.8%), Fiber: 2.04g (8.18%), Folate: 30.54µg (7.63%), Vitamin C: 4.43mg (5.37%), Vitamin D: 0.23µg (1.51%)