



## Grilled Steak and Peppers Vinaigrette

 Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 1 large bunch leek white green (2 to 3 pounds; and pale parts only)
- ☐ 1.8 cups chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil divided
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 pasilla peppers green italian ( frying peppers)
- ☐ 2 tablespoons red-wine vinegar
- ☐ 2 pounds rump steak

- ☐ 3 thyme sprigs
- ☐ 1 bay leaves
- ☐ 2 tablespoons butter unsalted

## Equipment

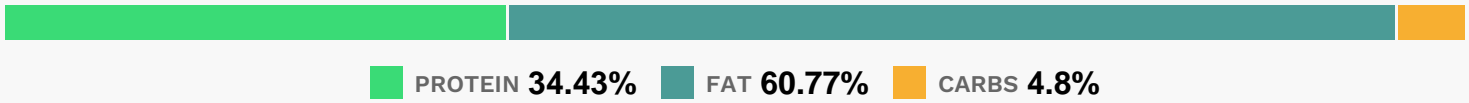
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

## Directions

- ☐ Halve leeks lengthwise and cut enough crosswise into 1-inch pieces to measure 8 cups, then wash.
- ☐ Simmer leeks, butter, broth, bay leaf, thyme, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a 12-inch heavy skillet over medium heat, covered, stirring occasionally, until leeks are very tender, about 20 minutes. Uncover and boil until liquid has reduced to about 2 tablespoons. Discard bay leaf and thyme.
- ☐ Meanwhile, heat grill pan over medium-high heat until hot.
- ☐ Brush steaks with 2 tablespoons olive oil and season with 1 teaspoon salt and 1/2 teaspoon pepper. Grill steaks, turning once, about 8 minutes total for medium-rare.
- ☐ Transfer to a plate and let rest 15 minutes.
- ☐ Meanwhile, halve and seed peppers and toss with remaining 2 teaspoon olive oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Grill, turning once, until crisp-tender and lightly charred, 6 to 10 minutes total.
- ☐ Cut crosswise into 1-inch pieces.
- ☐ Whisk together vinegar, mustard, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a medium bowl.
- ☐ Add extra-virgin olive oil in a slow stream, whisking until emulsified.
- ☐ Add peppers.

- ☐ Serve steaks over leeks with their juices, drizzle with meat juices from plate, and top with peppers and vinaigrette.
- ☐ mashed potatoes

## Nutrition Facts



### Properties

Glycemic Index:29.75, Glycemic Load:0.42, Inflammation Score:-9, Nutrition Score:34.065217557161%

### Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 5.97mg, Luteolin: 5.97mg, Luteolin: 5.97mg, Luteolin: 5.97mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

### Nutrients (% of daily need)

Calories: 620.25kcal (31.01%), Fat: 41.75g (64.23%), Saturated Fat: 11.13g (69.56%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 4.96g (1.8%), Sugar: 3.11g (3.46%), Cholesterol: 153.4mg (51.13%), Sodium: 248.3mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.21g (106.42%), Vitamin C: 96.99mg (117.56%), Vitamin B3: 18.87mg (94.37%), Selenium: 60.46µg (86.37%), Vitamin B6: 1.65mg (82.45%), Zinc: 9.72mg (64.79%), Phosphorus: 531mg (53.1%), Vitamin B12: 2.81µg (46.9%), Vitamin E: 4.91mg (32.72%), Potassium: 1093.94mg (31.26%), Iron: 4.76mg (26.43%), Vitamin K: 27.22µg (25.93%), Vitamin B2: 0.32mg (18.71%), Magnesium: 70.44mg (17.61%), Vitamin B5: 1.63mg (16.3%), Copper: 0.31mg (15.44%), Vitamin B1: 0.22mg (14.75%), Vitamin A: 661.9IU (13.24%), Manganese: 0.23mg (11.4%), Folate: 42.66µg (10.67%), Fiber: 2.46g (9.85%), Calcium: 90.03mg (9%), Vitamin D: 0.33µg (2.21%)