



Grilled Steak and Vegetable Salad with Chipotle Chimichurri Dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



951 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado sliced
- ☐ 2 medium chipotles in adobo canned finely chopped
- ☐ 6 servings chipotle sauce
- ☐ 1.3 cups cilantro leaves loosely packed
- ☐ 1.3 lbs flank steak trimmed
- ☐ 1.3 cups flat parsley loosely packed
- ☐ 2 garlic clove

- ☐ 1 jalapeno seeded
- ☐ 1 tsp kosher salt
- ☐ 1.3 teaspoons kosher salt
- ☐ 0.3 cup juice of lime
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon olive oil
- ☐ 1 tsp pepper
- ☐ 6 radishes julienned
- ☐ 2 medium bell pepper red
- ☐ 1 head the of 1 cos lettuce
- ☐ 6 servings fat-trimmed beef flank steak
- ☐ 0.3 cup vegetable oil
- ☐ 3 zucchini thick sliced lengthwise

Equipment

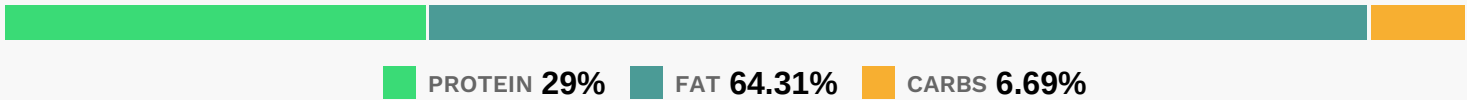
- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Make chimichurri dressing: In a food processor, whirl all ingredients except for chipotles until minced.
- ☐ Transfer to a small bowl and stir in chipotles.
- ☐ Prepare steak and salad: Rub steak and zucchini with oil, then sprinkle with 1 tsp. each salt and pepper.
- ☐ Let stand at room temperature 30 minutes. Meanwhile, heat a grill to high (450 to 550).
- ☐ Grill steak, turning once, 6 to 8 minutes total for medium-rare.

- ☐ Transfer to a board, tent loosely with foil, and let rest 5 minutes. Meanwhile, grill zucchini and bell peppers, turning occasionally, until grill marks appear on zucchini (4 minutes) and bell peppers are blackened (about 10 minutes).
- ☐ Put bell peppers in a bowl and cover. When cool enough to handle, peel, stem, seed, and dice. Slice steak diagonally across the grain into thin strips, then cut pieces in half.
- ☐ Cut zucchini in half on a diagonal.
- ☐ Toss lettuce in a bowl with half the dressing, then divide among plates. Divide zucchini, bell peppers, steak, and avocado slices among plates, then drizzle remaining chimichurri on top.
- ☐ Garnish with radishes and season with more salt and pepper to taste.
- ☐ *Silverskin is the thin, shiny connective tissue on the outside of the meat that gets stringy when it cooks.
- ☐ Remove it with a sharp knife, or ask a butcher to do it.

Nutrition Facts



Properties

Glycemic Index:46.17, Glycemic Load:1.37, Inflammation Score:-10, Nutrition Score:54.51478277082%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 26.95mg, Apigenin: 26.95mg, Apigenin: 26.95mg, Apigenin: 26.95mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.87mg, Myricetin: 1.87mg, Myricetin: 1.87mg, Myricetin: 1.87mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 950.52kcal (47.53%), Fat: 68.99g (106.14%), Saturated Fat: 20.9g (130.64%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 8.31g (3.02%), Sugar: 6.87g (7.64%), Cholesterol: 194.56mg (64.85%), Sodium: 1071.64mg (46.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70g (140%), Vitamin K: 372.02µg (354.3%), Vitamin A: 11920.46IU (238.41%), Vitamin C: 101.07mg (122.51%), Selenium: 84.06µg (120.08%), Zinc: 16.27mg

(108.49%), Vitamin B6: 1.96mg (97.96%), Vitamin B3: 18.96mg (94.8%), Vitamin B12: 4.61µg (76.86%), Folate: 253.99µg (63.5%), Phosphorus: 626.8mg (62.68%), Vitamin B2: 0.91mg (53.69%), Potassium: 1813.79mg (51.82%), Iron: 8.2mg (45.54%), Vitamin E: 5.2mg (34.64%), Fiber: 7.83g (31.31%), Magnesium: 124.76mg (31.19%), Vitamin B1: 0.45mg (30.01%), Manganese: 0.54mg (27.03%), Copper: 0.46mg (22.93%), Vitamin B5: 1.64mg (16.45%), Calcium: 119.19mg (11.92%), Vitamin D: 0.23µg (1.51%)