



Hanger Steak with Warm Bulgur Salad

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounces bulgur rinsed
- ☐ 2 carrots cut into 1/2-inch pieces
- ☐ 0.5 cup chicken stock see
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 2 garlic minced
- ☐ 1 tablespoon ground cumin
- ☐ 4 servings kosher salt and pepper freshly ground

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2 tablespoons mint leaves chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 pound hanger steak
- ☐ 1 turnip peeled cut into 1/2-inch pieces (8 ounces)
- ☐ 1 tablespoon butter unsalted
- ☐ 1.5 cups water boiling
- ☐ 0.5 onion white chopped

Equipment

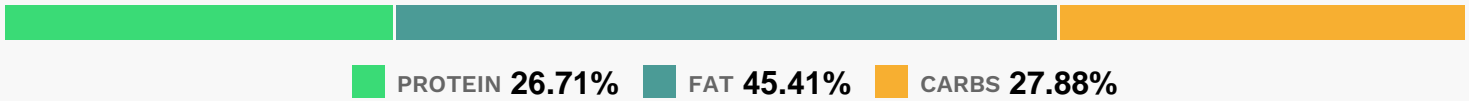
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat the oven to 35
- ☐ In a small bowl, mash the garlic, cumin, 1 tablespoon of salt and 1 teaspoon of pepper with 2 tablespoons of the oil; rub all over the steak. Cover and let stand at room temperature for 1 hour.
- ☐ Meanwhile, in a medium baking dish, mix the bulgur and cinnamon. Stir in 2 tablespoons of the oil and the boiling water and season with salt and pepper. Cover tightly with foil and bake for 20 minutes, until the water is completely absorbed. Fluff the bulgur with a fork, then cover and keep warm.
- ☐ In a large saucepan, melt the butter in 1 tablespoon of the oil.
- ☐ Add the onion and cook over moderate heat until barely softened, about 2 minutes.

- ☐ Add the carrots and turnip, season with salt and pepper and cook for 2 minutes, until just softened.
- ☐ Add the stock and bring to a simmer. Cover and cook over low heat until the vegetables are tender, 10 minutes. Stir the vegetables and liquid into the bulgur with the lemon juice, parsley, mint and 2 tablespoons of the oil.
- ☐ In an ovenproof skillet, heat the remaining 1 tablespoon of oil and swirl to coat the pan.
- ☐ Add the steak and cook over high heat, turning once, until browned, 8 minutes.
- ☐ Transfer the skillet to the oven and roast for 25 minutes, turning once, until an instant-read thermometer inserted into the thickest part registers 13
- ☐ Transfer the steak to a cutting board and let rest for 10 minutes. Thinly slice the steak and serve with the bulgur.

Nutrition Facts



Properties

Glycemic Index:66.46, Glycemic Load:19.78, Inflammation Score:-10, Nutrition Score:46.549999957499%

Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 813.92kcal (40.7%), Fat: 42.07g (64.73%), Saturated Fat: 17.11g (106.97%), Carbohydrates: 58.12g (19.37%), Net Carbohydrates: 44.09g (16.03%), Sugar: 4.18g (4.65%), Cholesterol: 146.77mg (48.92%), Sodium: 420.25mg (18.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.67g (111.34%), Vitamin K: 135.43µg (128.98%), Vitamin A: 5981.62IU (119.63%), Manganese: 2.19mg (109.3%), Zinc: 13.3mg (88.68%), Selenium: 58.12µg (83.03%), Vitamin B3: 15.51mg (77.53%), Vitamin B6: 1.27mg (63.27%), Vitamin B12: 3.77µg (62.85%), Phosphorus: 566.27mg (56.63%), Fiber: 14.03g (56.12%), Magnesium: 174.82mg (43.7%), Iron: 7.41mg (41.14%), Vitamin B2: 0.69mg (40.83%), Potassium: 1172.64mg (33.5%), Vitamin B1: 0.42mg (27.95%), Vitamin C: 22.82mg (27.66%), Copper: 0.5mg (25.25%), Folate: 54.19µg (13.55%), Calcium: 99.85mg (9.98%), Vitamin B5: 0.89mg (8.87%), Vitamin E:

1.24mg (8.25%), Vitamin D: 0.28µg (1.86%)