



Hot BBQ beef, horseradish & pasta salad



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



544 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 450 g rump steak lean
- ☐ 2 tbsp dairy and wheat-free worcestershire sauce
- ☐ 2 tsp coarsely ground pepper black
- ☐ 250 g free from' fusilli pasta (we used Sainsbury's)
- ☐ 1 bunch spring onion thinly sliced
- ☐ 3 pasilla peppers red deseeded sliced
- ☐ 1 small bunch basil
- ☐ 4 tbsp olive oil extra-virgin

- ☐ 2 tbsp sherry vinegar
- ☐ 2 tbsp horseradish freshly grated to taste

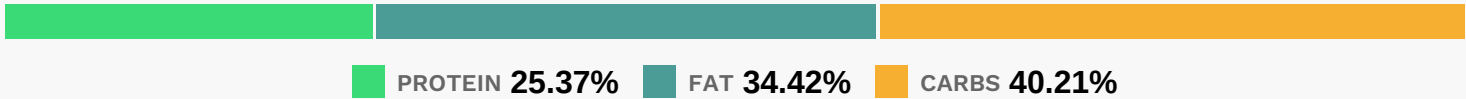
Equipment

- ☐ frying pan

Directions

- ☐ Marinate the steak in the Worcester sauce for 10 mins and sprinkle over the black pepper.
- ☐ Cook the pasta according to pack instructions, drain, then toss with the spring onions, peppers and basil.
- ☐ Mix the dressing ingredients together, season, then set aside.
- ☐ Heat the barbecue or a griddle pan until very hot. Cook the steak for 3 mins on each side, or until cooked to your liking.
- ☐ Cut into thick slices, then toss into the pasta with the dressing. Adjust seasoning to taste and serve.

Nutrition Facts



Properties

Glycemic Index:69.1, Glycemic Load:20.4, Inflammation Score:-10, Nutrition Score:31.954347802245%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 544kcal (27.2%), Fat: 20.67g (31.8%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 54.31g (18.1%), Net Carbohydrates: 49.72g (18.08%), Sugar: 6.36g (7.06%), Cholesterol: 68.63mg (22.88%), Sodium: 108.81mg (4.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.27g (68.54%), Vitamin C: 118.17mg (143.24%), Selenium: 68.75µg (98.21%), Vitamin A: 2994.83IU (59.9%), Vitamin B3: 10.62mg (53.1%), Vitamin B6: 1.06mg (52.86%), Manganese: 0.86mg (43.09%), Zinc: 5.9mg (39.31%), Phosphorus: 379.8mg (37.98%), Vitamin K: 36.78µg (35.03%), Vitamin E: 4.12mg (27.44%), Vitamin B12: 1.42µg (23.66%), Potassium: 780.26mg (22.29%), Folate: 78.97µg (19.74%),

Iron: 3.46mg (19.22%), Magnesium: 76.22mg (19.06%), Fiber: 4.59g (18.37%), Copper: 0.32mg (15.91%), Vitamin B2: 0.26mg (15.21%), Vitamin B5: 1.32mg (13.15%), Vitamin B1: 0.18mg (12.23%), Calcium: 78.45mg (7.84%), Vitamin D: 0.2µg (1.35%)