



Penne with griddled steak, stilton & shallots

READY IN



30 min.

SERVINGS



4

CALORIES



843 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g penne pasta
- ☐ 2 tbsp olive oil
- ☐ 4 shallots sliced
- ☐ 2 fat-trimmed beef flank steak
- ☐ 175 g coarsely stilton cheese crumbled
- ☐ 100 g watercress

Equipment

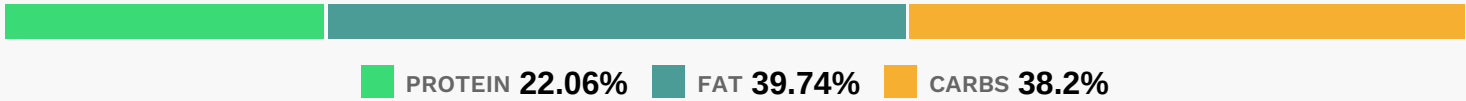
- ☐ frying pan

☐ slotted spoon

Directions

- ☐ Boil the pasta. Meanwhile, heat the oil, add the shallots and gently fry until they are softened and lightly coloured.
- ☐ Remove from the frying pan with a slotted spoon.
- ☐ Increase the heat under the frying pan, season the steaks and fry on each side for 3–4 mins, depending on their thickness and how you like them cooked.
- ☐ Remove from the heat, transfer to a board and leave to rest for a few mins.
- ☐ Drain the pasta, return it to the pan with the shallots and stilton, then heat gently until the cheese starts to melt. Take the pan off the heat. Slice the steak and add to the pan with the watercress. Toss everything together and serve.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:31.38, Inflammation Score:-8, Nutrition Score:30.818695731785%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 843.11kcal (42.16%), Fat: 37.09g (57.07%), Saturated Fat: 16.54g (103.39%), Carbohydrates: 80.22g (26.74%), Net Carbohydrates: 76.09g (27.67%), Sugar: 4.91g (5.45%), Cholesterol: 101.74mg (33.91%), Sodium: 581.28mg (25.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.34g (92.68%), Selenium: 97.64µg (139.49%), Vitamin K: 69.76µg (66.44%), Zinc: 8.5mg (56.65%), Phosphorus: 551.03mg (55.1%), Manganese: 1.05mg (52.75%), Vitamin B12: 2.41µg (40.16%), Vitamin B6: 0.78mg (39.2%), Vitamin B3: 7.78mg (38.89%), Vitamin B2: 0.53mg (31.31%), Calcium: 299.23mg (29.92%), Magnesium: 97.29mg (24.32%), Vitamin A: 1149.51IU (22.99%), Potassium: 803.91mg (22.97%), Copper: 0.44mg (21.79%), Iron: 3.77mg (20.94%), Fiber: 4.13g (16.5%), Vitamin B1: 0.24mg (15.98%), Vitamin C: 12.75mg (15.45%), Vitamin B5: 1.34mg (13.37%), Folate: 47.89µg (11.97%), Vitamin E: 1.49mg (9.92%), Vitamin D: 0.33µg (2.21%)