



Portuguese braised steak & onions



Gluten Free



Dairy Free



Popular

READY IN



155 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 4 fat-trimmed beef flank steak
- ☐ 4 tbsp red wine vinegar
- ☐ 3 onion finely sliced
- ☐ 3 garlic clove finely chopped
- ☐ 0.5 tsp paprika
- ☐ 100 ml red wine
- ☐ 400 g canned tomatoes chopped canned

- ☐ 1 tsp tomato purée
- ☐ 2 bay leaves
- ☐ 4 servings cilantro leaves chopped

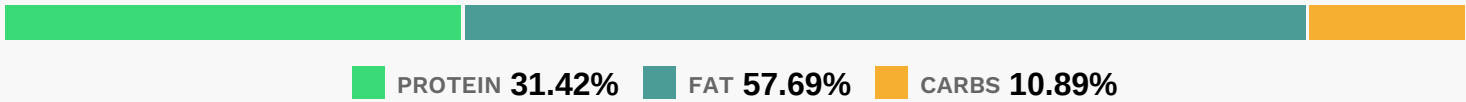
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat oven to 140C/120C fan/gas
- ☐ Heat half the oil in a shallow casserole dish. Brown the steaks well on each side, then remove from the pan. Splash the vinegar into the pan and let it bubble and almost evaporate.
- ☐ Add the rest of the olive oil and the onion, and gently fry on a medium heat for 10–15 mins until softened and starting to colour.
- ☐ Once the onion has softened, stir in the garlic and the paprika. Cook for 1 min more, tip in the red wine and chopped tomatoes, then stir through the tomato pure and bay leaves. Season, pop the steaks back into the pan, then cover and place in the oven for 2 hrs, stirring halfway through and adding a splash of water if needed. Cook until the meat is very tender. The stew can now be cooled and chilled for 2 days and reheated or frozen for up to 3 months. To serve, scatter with coriander.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:4.07, Inflammation Score:-7, Nutrition Score:28.675217141276%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Hesperetin: 0.16mg,
Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin:
0.45mg, Naringenin: 0.45mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin:
0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg,
Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg,
Kaempferol: 0.57mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 17.14mg,
Quercetin: 17.14mg, Quercetin: 17.14mg, Quercetin: 17.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 626.07kcal (31.3%), Fat: 39.37g (60.58%), Saturated Fat: 15.27g (95.41%), Carbohydrates: 16.73g (5.58%),
Net Carbohydrates: 13.24g (4.82%), Sugar: 8.16g (9.06%), Cholesterol: 137.86mg (45.95%), Sodium: 256.08mg
(11.13%), Alcohol: 2.69g (100%), Alcohol %: 0.74% (100%), Protein: 48.25g (96.5%), Selenium: 56.55µg (80.79%),
Zinc: 12.09mg (80.59%), Vitamin B12: 3.75µg (62.53%), Vitamin B3: 12.5mg (62.5%), Vitamin B6: 1.2mg (60.08%),
Phosphorus: 393.24mg (39.32%), Vitamin B2: 0.63mg (37.03%), Iron: 5.72mg (31.8%), Potassium: 1077.97mg
(30.8%), Vitamin B1: 0.32mg (21.26%), Copper: 0.41mg (20.39%), Magnesium: 80.74mg (20.18%), Vitamin C:
16.24mg (19.69%), Manganese: 0.38mg (18.91%), Vitamin E: 2.38mg (15.88%), Fiber: 3.48g (13.94%), Vitamin K:
13.95µg (13.28%), Folate: 36.18µg (9.04%), Vitamin A: 407.81IU (8.16%), Calcium: 77.18mg (7.72%), Vitamin B5:
0.41mg (4.13%), Vitamin D: 0.23µg (1.51%)