



## Quick Greek Pasta Salad with Steak

READY IN



35 min.

SERVINGS



4

CALORIES



697 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 teaspoon basil
- 0.5 cup olives black sliced
- 1 tablespoon butter
- 2 tablespoons olive oil extra virgin
- 0.5 cup feta cheese crumbled
- 1 teaspoon garlic minced
- 1 tablespoon parsley chopped
- 1 pound beef rib eye steak
- 0.3 cup shallots chopped

- 1 tablespoon soya sauce
- 1 cup pkt spinach fresh chopped
- 0.5 cup sun-dried tomato pesto
- 3 tablespoons sunflower kernels
- 8 ounces penne pasta whole wheat

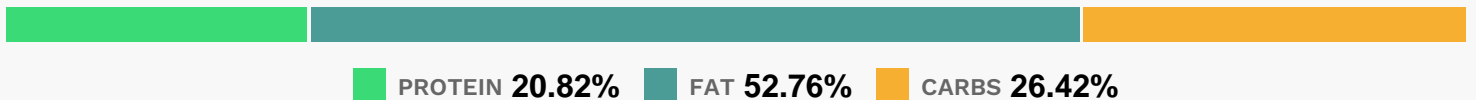
## Equipment

- bowl
- frying pan
- pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente. When cooked, drain, then toss with olive oil, and keep warm.
- Meanwhile, melt 1 tablespoon butter in a skillet over medium-high heat. Sear the rib-eye on both sides until rosy-pink in the center, 7 to 10 minutes depending on thickness.
- Remove steak from skillet and cut into bite-size pieces. Melt the remaining 1 tablespoon of butter in the skillet, and stir in the garlic and shallots. Cook 5 to 10 seconds until fragrant, then return the steak to the pan and cook for another 5 minutes or to desired doneness. Stir in the soy sauce, and cook a few seconds longer, allowing it to evaporate.
- Remove the skillet from the heat and stir in the sun-dried tomato pesto, olives, spinach, basil, parsley, feta cheese and sunflower kernels. Toss with the pasta in a large bowl and serve.

## Nutrition Facts



## Properties

Glycemic Index:76.5, Glycemic Load:1.12, Inflammation Score:-8, Nutrition Score:23.365217291791%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 696.64kcal (34.83%), Fat: 40.8g (62.77%), Saturated Fat: 13.94g (87.1%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 38.96g (14.17%), Sugar: 5.25g (5.83%), Cholesterol: 95.87mg (31.96%), Sodium: 1103.94mg (48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.23g (72.46%), Vitamin K: 59.59µg (56.76%), Selenium: 35.04µg (50.06%), Zinc: 6.88mg (45.87%), Vitamin B12: 2.21µg (36.75%), Vitamin B6: 0.72mg (36.15%), Vitamin B3: 6.68mg (33.42%), Vitamin E: 4.57mg (30.47%), Phosphorus: 297.63mg (29.76%), Vitamin B2: 0.48mg (28.47%), Fiber: 7g (28%), Vitamin A: 1243.11IU (24.86%), Iron: 3.51mg (19.51%), Vitamin B1: 0.26mg (17.54%), Magnesium: 65.21mg (16.3%), Calcium: 162.5mg (16.25%), Manganese: 0.3mg (14.94%), Copper: 0.28mg (14.12%), Potassium: 481.3mg (13.75%), Folate: 48.99µg (12.25%), Vitamin C: 6.14mg (7.44%), Vitamin B5: 0.35mg (3.47%), Vitamin D: 0.19µg (1.26%)