



Rare beef & anchovy salad with rocket & Caesar dressing

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



559 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tsp vegetable oil
- ☐ 1 kg rump steak
- ☐ 200 ml caesar dressing (see recipe, below)
- ☐ 200 g arugula
- ☐ 140 g bean sprouts
- ☐ 10 anchovy rinsed
- ☐ 6 servings parmesan

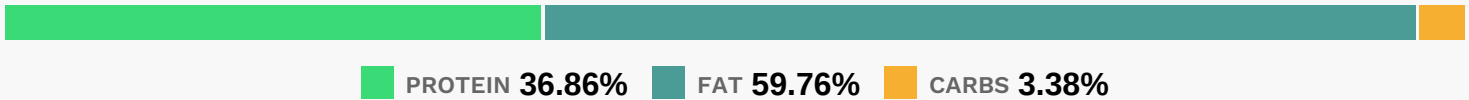
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat the barbecue or griddle pan to medium-high and oven to 200C/180C fan/ gas
- ☐ Oil the beef, season generously, then griddle or barbecue, fat-side down, for 5 mins until well crusted and dark. Turn the meat and sear on all other sides, turning it every 2 mins or so until charred all over. If youre using a griddle, spoon out any excess fat if you need to.
- ☐ Transfer the pan to the oven or move the beef to a cooler part of the barbecue, then cook for 25 mins. Rest for 30 mins. In the meantime, make the dressing (see recipe below), then set it aside in the fridge.
- ☐ Thinly slice the beef and lay the slices over a large platter.
- ☐ Mix together the rocket, beansprouts and torn anchovies, mix with 100ml of the dressing, then throw the salad over the meat.
- ☐ Drizzle with more dressing, scatter over Parmesan shavings and serve with bread or new potatoes.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:29.766087221063%

Flavonoids

Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 11.71mg, Kaempferol: 11.71mg, Kaempferol: 11.71mg, Kaempferol: 11.71mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 559.38kcal (27.97%), Fat: 36.67g (56.42%), Saturated Fat: 11.04g (68.97%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.54g (1.29%), Sugar: 2.82g (3.13%), Cholesterol: 138.98mg (46.33%), Sodium: 993.56mg (43.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.89g (101.77%), Vitamin K: 84.24µg (80.23%),

Selenium: 52.45µg (74.93%), Vitamin B3: 13.67mg (68.36%), Phosphorus: 597.69mg (59.77%), Vitamin B6: 1.09mg (54.58%), Zinc: 8.13mg (54.19%), Calcium: 483.93mg (48.39%), Vitamin B12: 2.39µg (39.91%), Iron: 4.24mg (23.53%), Potassium: 790.5mg (22.59%), Vitamin B2: 0.36mg (20.94%), Vitamin A: 1044.79IU (20.9%), Magnesium: 75.5mg (18.87%), Folate: 71.6µg (17.9%), Vitamin E: 2.51mg (16.75%), Vitamin B5: 1.53mg (15.27%), Copper: 0.21mg (10.61%), Vitamin B1: 0.15mg (10.31%), Vitamin C: 8.18mg (9.91%), Manganese: 0.2mg (9.87%), Fiber: 1.12g (4.48%), Vitamin D: 0.35µg (2.33%)