



Rib-eye steaks with chilli butter & homemade chips

 Gluten Free

READY IN



55 min.

SERVINGS



2

CALORIES



1036 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp parsley finely chopped
- ☐ 50 g butter softened plus a little extra
- ☐ 1 chilli red finely chopped
- ☐ 0.5 juice of lemon
- ☐ 2 servings olive oil
- ☐ 400 g rib-eye steaks
- ☐ 2 handfuls salad leaves mixed

- ☐ 450 g floury potatoes such as estima, king edward or maris piper, peeled and cut into chunky chips
- ☐ 2 tbsp olive oil
- ☐ 1 tsp thyme leaves
- ☐ 1 garlic clove crushed

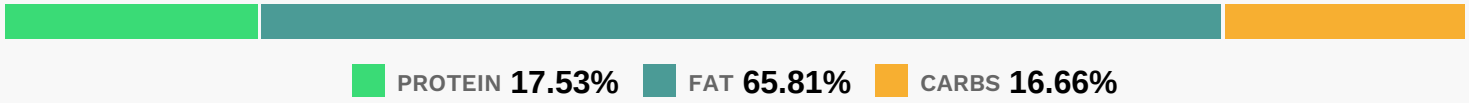
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ For the chilli butter, mash the parsley into the butter with the chilli, a squeeze of lemon juice, the zest and some seasoning. Chill until firm.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ For the chips, toss all the ingredients on a baking tray, then season. Roast for 35–45 mins until golden and crisp.
- ☐ Heat a good plug of oil in a frying pan.
- ☐ Add the extra butter and the seasoned steaks, fry for 2–4 mins on each side, then transfer to plates. Toss the leaves with olive oil and lemon juice. Divide between the plates, add the chips and top each steak with a piece of chilli butter.

Nutrition Facts



Properties

Glycemic Index:142.88, Glycemic Load:29.7, Inflammation Score:–9, Nutrition Score:38.380869207175%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg

Kaempferol: 1.83mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 1036.39kcal (51.82%), Fat: 76.93g (118.36%), Saturated Fat: 29.37g (183.59%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 38.36g (13.95%), Sugar: 3.18g (3.54%), Cholesterol: 175.75mg (58.58%), Sodium: 292.67mg (12.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.12g (92.24%), Vitamin C: 92.48mg (112.09%), Vitamin B6: 1.63mg (81.68%), Zinc: 11.13mg (74.17%), Selenium: 50.22µg (71.74%), Vitamin B3: 12.72mg (63.62%), Vitamin K: 60.22µg (57.35%), Vitamin B12: 3.36µg (56.04%), Potassium: 1657.48mg (47.36%), Phosphorus: 451.95mg (45.19%), Vitamin B2: 0.6mg (35.55%), Iron: 6.06mg (33.66%), Vitamin E: 4.82mg (32.11%), Vitamin A: 1507.5IU (30.15%), Magnesium: 106.24mg (26.56%), Vitamin B1: 0.39mg (26.14%), Manganese: 0.48mg (24.05%), Copper: 0.46mg (22.94%), Fiber: 5.46g (21.84%), Folate: 67.34µg (16.83%), Vitamin B5: 0.81mg (8.15%), Calcium: 63.04mg (6.3%), Vitamin D: 0.2µg (1.33%)