



HEALTH SCORE

87%

## Roasted sirloin of beef with salsa verde



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



8

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 kg sirloin beef tips
- ☐ 1 tbsp olive oil
- ☐ 8 servings top
- ☐ 2 tbsp capers rinsed drained chopped
- ☐ 2 tbsp pickled cucumbers / gherkins finely chopped
- ☐ 0.5 bunch spring onion finely chopped
- ☐ 1 small bunch parsley finely chopped
- ☐ 2 juice of lemon

☐ 4 tbsp olive oil extra virgin extra-virgin

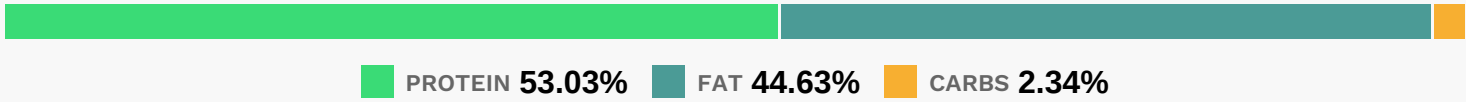
## Equipment

☐ oven

## Directions

- ☐ Heat oven to 240C/220C fan/gas
- ☐ Rub the beef all over with the oil and season with some salt and lots of black pepper.
- ☐ Transfer to a roasting tray and cook for 20 mins, then turn the oven to 190C/170C fan/gas 5 and roast for a further 10-15 mins per 450g for medium-rare, 15-20 mins per 450g for medium, 20-25 mins for medium-well and 25-30 mins for well done.
- ☐ Remove from the oven and allow to cool.
- ☐ To make the salsa verde, mix all the ingredients with some salt and pepper. Thinly slice the beef and arrange on a serving platter, drizzle with the salsa verde and rocket leaves and eat with the crusty bread.

## Nutrition Facts



## Properties

Glycemic Index:18.06, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:25.69608718416%

## 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: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

## Nutrients (% of daily need)

Calories: 314.42kcal (15.72%), Fat: 15.16g (23.32%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.38g (0.42%), Cholesterol: 103.13mg (34.38%), Sodium: 223.42mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.52g (81.05%), Vitamin K: 129.56µg (123.39%), Selenium: 54.34µg (77.62%), Vitamin B3: 12.09mg (60.47%), Vitamin B6: 1.19mg (59.51%), Zinc: 7.85mg (52.32%), Vitamin B12:

2.34µg (39.06%), Phosphorus: 387.69mg (38.77%), Iron: 3.95mg (21.92%), Potassium: 686.18mg (19.61%), Vitamin B2: 0.27mg (16%), Vitamin C: 12.79mg (15.5%), Vitamin A: 625.64IU (12.51%), Vitamin E: 1.86mg (12.42%), Vitamin B5: 1.22mg (12.22%), Magnesium: 48.61mg (12.15%), Vitamin B1: 0.18mg (12.08%), Copper: 0.21mg (10.38%), Folate: 37.55µg (9.39%), Calcium: 50.33mg (5.03%), Manganese: 0.05mg (2.32%), Fiber: 0.43g (1.73%)