



Sauteed Flank Steak with Arugula and Roasted Cauliflower and Red Peppers



Gluten Free



Dairy Free



Very Healthy

READY IN



1500 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 oz baby arugula
- ☐ 2.5 lb cauliflower cut into 1 1/2-inch-wide florets (8 cups)
- ☐ 0.5 cup fat-skimmed beef broth fat-free reduced-sodium
- ☐ 1 lb flank steak halved lengthwise (along the grain)
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 4 large garlic clove peeled
- ☐ 1.5 teaspoons pepper black

- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 lb bell pepper red cut into 1-inch squares (5)
- ☐ 2 teaspoons red-wine vinegar to taste
- ☐ 1.5 teaspoons salt
- ☐ 0.5 tablespoon vegetable oil

Equipment

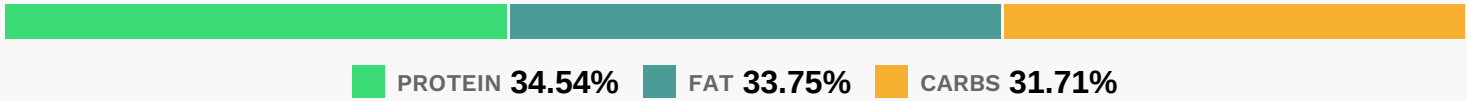
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Put oven rack in upper third of oven and preheat oven to 500°F.
- ☐ Toss cauliflower, bell peppers, and garlic with olive oil, 1 teaspoon thyme, 1 teaspoon salt, and 1/2 teaspoon pepper in a large bowl.
- ☐ Spread in a large shallow baking pan (at least 15 by 10 inches) and roast, turning over once or twice, until vegetables are tender and slightly charred, 25 to 30 minutes.
- ☐ While vegetables roast, heat a dry 10-inch heavy skillet (not nonstick; preferably cast-iron) over moderately high heat until hot, about 3 minutes. Meanwhile, stir together remaining teaspoon thyme, teaspoon pepper, and 1/2 teaspoon salt in a small bowl. Pat steak dry and rub both sides with thyme mixture.
- ☐ Add vegetable oil to hot skillet, then add steak and sauté, turning over once, 5 to 7 minutes total for medium-rare.
- ☐ Transfer to a cutting board and let stand, loosely covered with foil, 5 minutes.

- ☐ Reserve roasted garlic cloves and 1 cup roasted bell peppers. Toss arugula with remaining roasted vegetables in pan to wilt, then transfer to a platter.
- ☐ Blend reserved garlic and bell peppers with broth, vinegar, and salt and pepper to taste in a blender until smooth.
- ☐ Transfer sauce to a small bowl or sauceboat.
- ☐ Holding a knife at a 45-degree angle, cut steak across the grain into thin slices and arrange on platter with vegetables.
- ☐ Pour any juices accumulated on cutting board over meat and serve sauce on the side.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:6.1, Inflammation Score:-10, Nutrition Score:44.043478302334%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 8.49mg, Kaempferol: 8.49mg, Kaempferol: 8.49mg, Kaempferol: 8.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 360.92kcal (18.05%), Fat: 14.34g (22.06%), Saturated Fat: 3.87g (24.21%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 19.14g (6.96%), Sugar: 15.45g (17.17%), Cholesterol: 68.04mg (22.68%), Sodium: 1149.13mg (49.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.02g (66.03%), Vitamin C: 432.68mg (524.46%), Vitamin A: 7657.42IU (153.15%), Vitamin B6: 1.93mg (96.5%), Vitamin K: 87.16µg (83.01%), Folate: 302.24µg (75.56%), Vitamin B3: 10.99mg (54.95%), Potassium: 1829.14mg (52.26%), Selenium: 36.53µg (52.19%), Manganese: 0.94mg (47.18%), Fiber: 11.17g (44.66%), Phosphorus: 433.98mg (43.4%), Zinc: 5.85mg (38.97%), Vitamin B5: 3.48mg (34.84%), Vitamin E: 5.14mg (34.24%), Vitamin B2: 0.53mg (30.99%), Magnesium: 108.72mg (27.18%), Iron: 4.61mg (25.61%), Vitamin B1: 0.36mg (24.3%), Vitamin B12: 1.09µg (18.14%), Calcium: 150.76mg (15.08%), Copper: 0.28mg (13.94%)