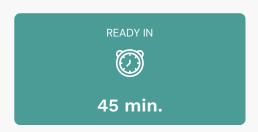


Seared Beef Tenderloin with Thyme

Gluten Free







SIDE DISH

Ingredients

7 oz frangelico
12 peppercorns black
1 juice of lemon for serving
7 Tbs olive oil extra virgin extra-virgin
2 oz pecorino cheese
0.5 Tbs sea salt flaked
2 handfuls nigella seeds mixed
1 leaves thyme sprigs fresh

Equipment		
	frying pan	
	knife	
	grill	
Directions		
	Grind the peppercorns and mix with the salt and thyme leaves. Rub the beef lightly with some of the olive oil, then rub thepepper mixture all over the beef.	
	Heat a ridged cast-iron grill panuntil very hot.	
	Put the beef in the pan and sear on all sides, thenremove from the pan and let cool.	
	Use a long, sharp knife to slice the beef as thinly as possible.	
	Place the slices on a board and press them with the flat side of the knife blade to flatten each slice and make it bigger.	
	Cover the serving plates with the beef. Season, then drizzle withhalf the lemon juice. Toss the salad leaves and sprouts with someolive oil and a little more lemon juice. Scatter the leaves over thebeef, then shave the cheese on top.	
	Drizzle with a little more oliveoil and serve with the lemon wedges.	
	From Beef: And Other Bovine Matters. Text © 2009 John Torode; photography © 2008 Jason Lowe. Published by The Taunton Press, Inc.	
Nutrition Facts		
	PROTEIN 6.67% FAT 91.44% CARBS 1.89%	
Properties		

Glycemic Index:26, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:4.0586956519148%

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: O.1mg Apigenin: O.03mg, Apigenin: O. Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg,

Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 277.09kcal (13.85%), Fat: 28.59g (43.99%), Saturated Fat: 5.85g (36.55%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.3g (0.34%), Cholesterol: 14.74mg (4.91%), Sodium: 1042.8mg (45.34%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.69g (9.39%), Vitamin E: 3.58mg (23.83%), Calcium: 154.4mg (15.44%), Vitamin K: 15.55µg (14.81%), Phosphorus: 109.07mg (10.91%), Vitamin C: 3.3mg (4%), Vitamin B2: 0.06mg (3.25%), Selenium: 2.08µg (2.97%), Vitamin B12: 0.16µg (2.65%), Zinc: 0.38mg (2.53%), Manganese: 0.05mg (2.43%), Iron: 0.33mg (1.85%), Magnesium: 7.2mg (1.8%), Vitamin A: 72.79IU (1.46%)