



Seared Beef Tenderloin with Thyme

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

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

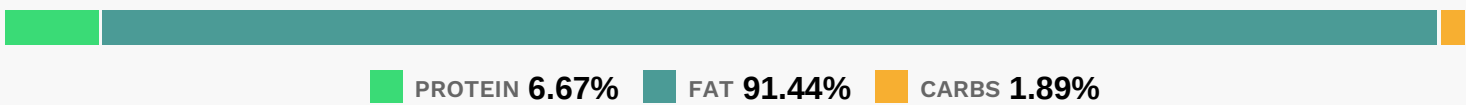
Equipment

- ☐ 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 the pepper mixture all over the beef.
- ☐ Heat a ridged cast-iron grill pan until very hot.
- ☐ Put the beef in the pan and sear on all sides, then remove 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 with half the lemon juice. Toss the salad leaves and sprouts with some olive oil and a little more lemon juice. Scatter the leaves over the beef, then shave the cheese on top.
- ☐ Drizzle with a little more olive oil 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



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: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.03mg, 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 %: 0% (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%)