



Seared beef with orange & chilli



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 kg beef
- ☐ 2 orange zest
- ☐ 2 pepper flakes red deseeded finely chopped
- ☐ 2 shallots finely chopped
- ☐ 2 tbsp olive oil
- ☐ 2 tbsp red wine vinegar

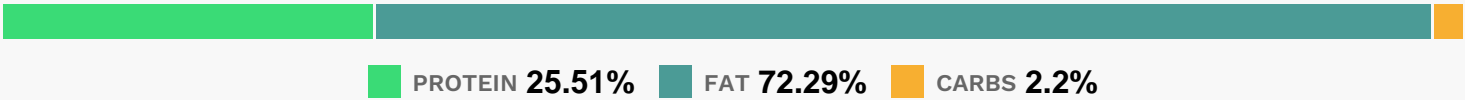
Equipment

- ☐ aluminum foil

Directions

- ☐ Wipe the beef and put in a large food bag.
- ☐ Mix together all the remaining ingredients, then pour into the bag. Massage marinade into the beef, then put on a plate in the fridge for at least 2 hrs, or overnight if you have time.
- ☐ Light the barbecue, allowing time for the coals to turn grey. Season the beef with salt and pepper, then cook for 8–10 mins on each side until well browned. Spoon over a little of the marinade as it cooks.
- ☐ Remove the beef from the barbecue and set on a board. Cover tightly with foil and leave to rest for 10 mins.
- ☐ Cut the beef across the grain into slices.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:17.927826062493%

Nutrients (% of daily need)

Calories: 519.81kcal (25.99%), Fat: 41.06g (63.17%), Saturated Fat: 14.88g (92.98%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.09g (1.21%), Cholesterol: 133.13mg (44.38%), Sodium: 127.85mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.61g (65.21%), Vitamin B12: 4.01µg (66.87%), Zinc: 7.9mg (52.67%), Vitamin B3: 8.11mg (40.53%), Selenium: 28.29µg (40.41%), Vitamin B6: 0.69mg (34.47%), Phosphorus: 305.77mg (30.58%), Vitamin C: 20.76mg (25.17%), Iron: 3.89mg (21.6%), Vitamin B2: 0.29mg (17.13%), Potassium: 571.2mg (16.32%), Vitamin B5: 1mg (9.97%), Magnesium: 36.58mg (9.15%), Vitamin E: 1.36mg (9.07%), Copper: 0.14mg (6.88%), Vitamin K: 7.11µg (6.77%), Vitamin B1: 0.1mg (6.41%), Folate: 18.74µg (4.68%), Calcium: 42.73mg (4.27%), Manganese: 0.06mg (2.99%), Fiber: 0.69g (2.75%), Vitamin A: 119.95IU (2.4%), Vitamin D: 0.19µg (1.25%)