



WHATSheATE



Seared beef with wild mushrooms & balsamic



Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g beef fillet
- ☐ 2 tbsp olive oil
- ☐ 1 leaves from 1 rosemary sprig
- ☐ 1 garlic clove crushed
- ☐ 2 tbsp butter
- ☐ 200 g mushroom wild mixed
- ☐ 200 ml beef stock good
- ☐ 1 tsp balsamic vinegar

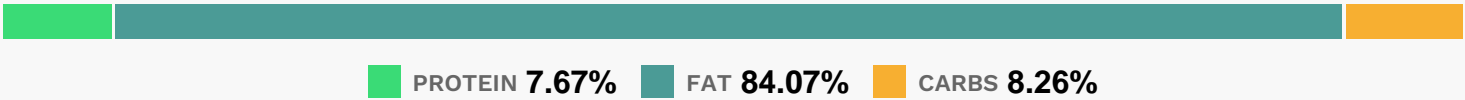
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Rub the beef with 1 tbsp oil, rosemary and garlic, then leave in the fridge for at least 1 hr, or up to 24 hrs. Make sure the beef returns to room temperature before you cook it.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Heat a non-stick, ovenproof frying pan or roasting tin until very hot. Rub most of the garlic and rosemary from the beef, season with black pepper and flaky salt, then sear on all sides until dark brown and almost crusted about 5 mins in total.
- ☐ Transfer the pan to the oven, then roast the beef for 10 mins for mediumrare. Leave to rest for a good 15 mins and keep any juices.
- ☐ While the meat rests, saut the mushrooms.
- ☐ Heat 1 tbsp butter and the remaining oil in a large frying pan, then tip in the mushrooms with plenty of seasoning. Fry until golden and just softened, then tip into a bowl.
- ☐ Add the stock to the mushroom pan, then reduce by two-thirds. Tip in the mushrooms and balsamic, then add the remaining butter and let it melt. Tip in any meat juices, then season to taste and keep warm. Thickly slice the beef and spoon over the sauce.
- ☐ Serve with mash and spinach.

Nutrition Facts



Properties

Glycemic Index:116, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:9.4313043407772%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 266.98kcal (13.35%), Fat: 26.03g (40.05%), Saturated Fat: 9.35g (58.47%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 4.51g (1.64%), Sugar: 2.95g (3.27%), Cholesterol: 30.53mg (10.18%), Sodium: 298.56mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin B2: 0.5mg (29.58%), Vitamin B3: 4.52mg (22.58%), Copper: 0.38mg (18.83%), Vitamin E: 2.37mg (15.78%), Selenium: 10.9µg (15.56%), Vitamin B5: 1.52mg (15.22%), Potassium: 522.97mg (14.94%), Phosphorus: 124mg (12.4%), Vitamin B6: 0.19mg (9.38%), Vitamin K: 9.55µg (9.09%), Vitamin B1: 0.12mg (8.05%), Vitamin A: 370.63IU (7.41%), Iron: 1.05mg (5.81%), Folate: 21.03µg (5.26%), Fiber: 1.24g (4.98%), Zinc: 0.74mg (4.94%), Magnesium: 18.18mg (4.54%), Manganese: 0.08mg (4.24%), Vitamin C: 2.87mg (3.48%), Calcium: 24.49mg (2.45%), Vitamin D: 0.2µg (1.33%), Vitamin B12: 0.06µg (1.07%)