



Seared Hanger Steak with Green Beans, Black Olives and Lemon



Gluten Free



Dairy Free

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READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup olives black pitted smashed



2 tablespoons canola oil



1 tablespoon dijon mustard



0.5 cup basil leaves fresh washed stemmed



2 cloves garlic crushed peeled



4 servings granulated sugar



1 pound green beans washed ends trimmed

- ☐ 4 servings kosher salt
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 2 ounces sherry vinegar
- ☐ 2 pound hanger steak trimmed

Equipment

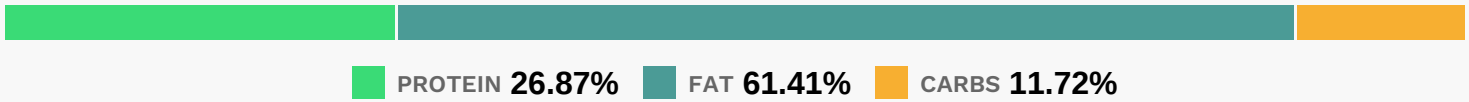
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ kitchen towels
- ☐ tongs
- ☐ colander

Directions

- ☐ In a jar or small bowl with a fitted lid, combine the Dijon mustard, sherry vinegar and olive oil with the garlic cloves.
- ☐ Add a pinch of salt. Cover and shake vigorously to blend. Taste for seasoning. Set aside.
- ☐ Fill a medium bowl halfway with ice cubes and add some cold water.
- ☐ Place a colander squarely inside the ice bath. The colander will keep you from having to pick the green beans out from amongst the ice cubes. Bring a medium pot of water to a boil.
- ☐ Add salt until the water tastes like seawater.
- ☐ Add a generous pinch of sugar.
- ☐ Add ALL BUT A FEW OF the green beans and cook for 2 minutes.
- ☐ Remove them from the water with a strainer and transfer them to the colander inside the ice bath. Allow them to sit in the ice water for a couple of minutes to assure they have cooled thoroughly. Discard the blanching water.
- ☐ Remove the beans from the ice bath and spread them out on a kitchen towel on a flat surface. Use another kitchen towel to gently pat them dry. This step will prevent the water from diluting the flavor of the beans and the vinaigrette.

- ☐ Transfer to a medium bowl and season with salt. Stir to blend.
- ☐ Remove the garlic cloves from the vinaigrette and toss with the beans, basil leaves and olives.
- ☐ Cut the reserved raw beans into 1-inch pieces and toss with the other beans.
- ☐ Heat a large cast-iron skillet.
- ☐ Add the oil. When it begins to smoke lightly, sprinkle the steak with salt and use a pair of metal tongs to gingerly place the steak in the hot oil. Cook over high heat 3 to 4 minutes on each side. I count 8 to 10 minutes for medium-rare, depending on thickness. If you like your steak a little more cooked, leave it in the pan a few minutes longer on each side.
- ☐ Remove the steak and allow it to rest on a flat surface, 10 minutes. Slice the steak and arrange on a platter with the green bean mixture.

Nutrition Facts



Properties

Glycemic Index:62.02, Glycemic Load:10.78, Inflammation Score:-8, Nutrition Score:30.965651864591%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 706.71kcal (35.34%), Fat: 48.9g (75.23%), Saturated Fat: 16.14g (100.87%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 17.41g (6.33%), Sugar: 15.8g (17.55%), Cholesterol: 138.35mg (46.12%), Sodium: 493.19mg (21.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.15g (96.3%), Selenium: 57.66µg (82.38%), Zinc: 11.98mg (79.88%), Vitamin K: 74.68µg (71.12%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 12.01mg (60.07%), Vitamin B6: 1.09mg (54.66%), Vitamin B2: 0.67mg (39.37%), Phosphorus: 379.17mg (37.92%), Iron: 5.41mg (30.04%), Potassium: 877.01mg (25.06%), Vitamin E: 3.22mg (21.44%), Magnesium: 81.57mg (20.39%), Vitamin B1: 0.31mg (20.36%), Vitamin A: 1010.67IU (20.21%), Vitamin C: 14.93mg (18.1%), Manganese: 0.33mg (16.38%), Copper: 0.29mg (14.32%), Fiber: 3.58g (14.32%), Folate: 46.83µg (11.71%), Calcium: 73.78mg (7.38%), Vitamin B5: 0.28mg (2.84%), Vitamin D: 0.23µg (1.51%)