



HEALTH SCORE

63%

Seared steak with chimichurri dressing



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



60 min.

SERVINGS



2

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g sirloin steak lean
- ☐ 1 tsp cumin seeds
- ☐ 0.5 tsp fennel seeds
- ☐ 1 small bunch flat parsley chopped
- ☐ 1 to 5 chillies red deseeded finely chopped
- ☐ 1 tsp thyme leaves
- ☐ 5 tbsp olive oil
- ☐ 2 tbsp red wine vinegar

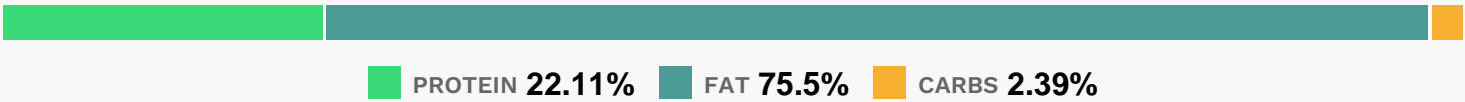
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To make the chimichurri dressing, toast the seeds in a small non-stick pan for 30 seconds or so, until they smell fragrant. Tip into a small bowl and stir in the chopped parsley, chilli, thyme, oil and vinegar. Season well with pepper you can add salt just before serving.
- ☐ Put the steak onto a plate and rub over about a quarter of the dressing. Leave the steak marinating at room temp for about 30 mins. If youre making ahead chill for up to 2 hrs, then bring out of the fridge about 15 mins before you want to cook it.
- ☐ Heat a barbecue, griddle or heavybased frying pan until really hot. Season the steak and dressing with salt, then cook the steak for 2-3 mins on each side depending on the thickness and how you like you meat cooked.
- ☐ Serve on a board, then slice into thin strips as you eat spooning over the remaining dressing.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:33.371738993603%

Flavonoids

Apigenin: 61.45mg, Apigenin: 61.45mg, Apigenin: 61.45mg, Apigenin: 61.45mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 4.23mg, Myricetin: 4.23mg, Myricetin: 4.23mg, Myricetin: 4.23mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 781.56kcal (39.08%), Fat: 65.28g (100.43%), Saturated Fat: 16.92g (105.73%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 3.01g (1.09%), Sugar: 1.46g (1.62%), Cholesterol: 112mg (37.33%), Sodium: 130.12mg (5.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43g (86%), Vitamin K: 491.68µg (468.26%), Vitamin B12: 5.56µg (92.67%), Vitamin C: 71.14mg (86.23%), Vitamin A: 2648.05IU (52.96%), Selenium: 33.2µg (47.42%), Zinc: 7mg (46.69%), Vitamin B6: 0.91mg (45.39%), Vitamin B3: 8mg (39.99%), Iron: 7.14mg (39.67%), Phosphorus:

383.5mg (38.35%), Vitamin E: 5.44mg (36.29%), Potassium: 884.18mg (25.26%), Vitamin B2: 0.41mg (24.37%),
Vitamin B1: 0.25mg (16.64%), Magnesium: 66.43mg (16.61%), Folate: 60.78µg (15.19%), Copper: 0.25mg (12.38%),
Manganese: 0.2mg (9.75%), Vitamin B5: 0.78mg (7.81%), Calcium: 73.1mg (7.31%), Fiber: 1.64g (6.57%)