



HEALTH SCORE

54%

Sirloin steak sandwiches with smoky relish



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bell pepper red
- ☐ 1 to 5 chillies red
- ☐ 1 onion red sliced
- ☐ 1 large tomatoes
- ☐ 0.5 juice of lime
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 0.3 tsp cumin seeds
- ☐ 3 garlic clove crushed

- ☐ 1 juice of lime
- ☐ 4 thyme sprigs
- ☐ 2 sirloin steak
- ☐ 1 crusty baguette french cut into 4
- ☐ 1 leaves lettuce well (see 'goes with', below)

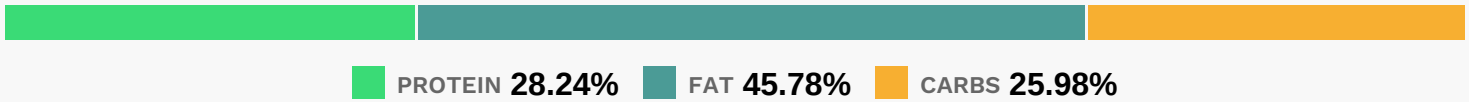
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ To make the relish, fire up the barbecue and, while its blazing, char the pepper and chilli. Put in a bowl and cover with cling film. Meanwhile, char the red onion and tomato. When cool enough to handle, peel the tomato, then peel and deseed the pepper and chilli (leave in the chilli seeds if you want to add some heat). Tip the charred veg into a food processor with the lime, oil and cumin seeds, then season and pulse a couple of times to keep it chunky, or leave the machine running to make a smooth relish.
- ☐ For the steaks, mash the garlic with the lime juice, olive oil and thyme, then spread over the meat. When the coals are ashen, cook the steaks for 4 mins on each side for medium-rare, adding or subtracting 1 min either way to cook to your liking. Leave to rest for 5 mins, then carve into thick slices.
- ☐ Put the steaks on a board with the baguette, lettuce, relish and Tarragon & mustard mayonnaise, and let everyone assemble their own sandwich.

Nutrition Facts



Properties

Glycemic Index:81.44, Glycemic Load:22.67, Inflammation Score:-9, Nutrition Score:30.360869407654%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg,

Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 609.59kcal (30.48%), Fat: 30.73g (47.27%), Saturated Fat: 11.1g (69.35%), Carbohydrates: 39.24g (13.08%), Net Carbohydrates: 35.85g (13.04%), Sugar: 7.39g (8.22%), Cholesterol: 95.2mg (31.73%), Sodium: 484.82mg (21.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.65g (85.3%), Vitamin C: 68.26mg (82.74%), Vitamin B12: 4.73µg (78.77%), Selenium: 39.36µg (56.23%), Vitamin B3: 9.8mg (49%), Vitamin B6: 0.96mg (48.05%), Zinc: 6.36mg (42.4%), Vitamin B1: 0.6mg (39.79%), Phosphorus: 393.77mg (39.38%), Iron: 6.34mg (35.2%), Vitamin B2: 0.57mg (33.38%), Vitamin A: 1483.18IU (29.66%), Folate: 107.63µg (26.91%), Manganese: 0.52mg (25.88%), Potassium: 883.26mg (25.24%), Magnesium: 67.85mg (16.96%), Copper: 0.28mg (14.2%), Fiber: 3.39g (13.56%), Vitamin K: 11.31µg (10.78%), Calcium: 101.67mg (10.17%), Vitamin E: 1.52mg (10.12%), Vitamin B5: 0.99mg (9.88%)