



## Sirloin with spiced butter, shallot salad, roasted carrots & mash

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



1598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 140 g carrots washed
- ☐ 50 g butter
- ☐ 300 g sirloin steak
- ☐ 75 g butter soft
- ☐ 1 tbsp anchovy chopped (from a sustainable source)
- ☐ 1 tbsp capers drained chopped
- ☐ 1 shallots chopped

- ☐ 2 tbsp paprika smoked
- ☐ 2 large baking potatoes peeled chopped
- ☐ 2 tbsp butter
- ☐ 75 ml double cream
- ☐ 1 bunch parsley roughly chopped
- ☐ 3 shallots sliced
- ☐ 3 tbsp olive oil
- ☐ 2 tbsp red wine vinegar
- ☐ 1 tsp dijon mustard

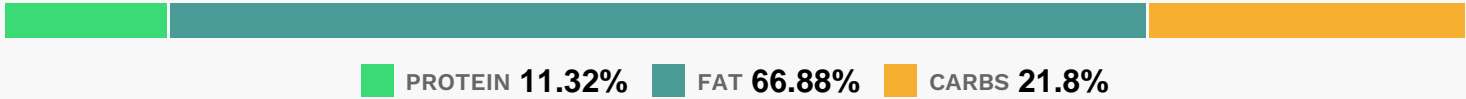
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ colander

## Directions

- ☐ First make the spiced butter. Mash the ingredients together with pepper. Form into a sausage shape between layers of cling film, twist ends closed and chill until firm. You can do this up to 3 days before or keep chilled or frozen for 1 month.
- ☐ For the mash, cook the potatoes in boiling salted water until tender, about 15 mins.
- ☐ Drain, then steam dry in the colander for a few mins. Mash with butter and cream, season and keep warm.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the carrots with 25g of the butter and seasoning in a roasting tray. Roast for 15–20 mins, until tender.
- ☐ Heat the rest of the butter in an ovenproof pan and brown the sirloin for 2 mins each side.
- ☐ Transfer to the oven and cook for 10 mins, for medium-rare and 15 mins for well-done. Rest for 5 mins before serving.
- ☐ To make the salad, toss the parsley and shallots with oil, vinegar, mustard and seasoning. Slice the steak and serve with the mash, carrots and salad, and two slices of spiced butter on top.

# Nutrition Facts



## Properties

Glycemic Index:210.29, Glycemic Load:57.21, Inflammation Score:-10, Nutrition Score:52.611739179362%

## Flavonoids

Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 6.24mg, Kaempferol: 6.24mg, Kaempferol: 6.24mg, Kaempferol: 6.24mg Myricetin: 4.26mg, Myricetin: 4.26mg, Myricetin: 4.26mg, Myricetin: 4.26mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

## Nutrients (% of daily need)

Calories: 1598.08kcal (79.9%), Fat: 121.17g (186.42%), Saturated Fat: 60.44g (377.74%), Carbohydrates: 88.87g (29.62%), Net Carbohydrates: 76.88g (27.96%), Sugar: 11.71g (13.01%), Cholesterol: 295.97mg (98.66%), Sodium: 833.7mg (36.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.15g (92.31%), Vitamin K: 509.62µg (485.36%), Vitamin A: 20031.19IU (400.62%), Vitamin B6: 2.32mg (115.82%), Vitamin C: 67.63mg (81.97%), Potassium: 2804.76mg (80.14%), Vitamin B12: 4.41µg (73.44%), Phosphorus: 614.43mg (61.44%), Vitamin B3: 12.26mg (61.32%), Iron: 10.83mg (60.19%), Vitamin E: 8.01mg (53.39%), Manganese: 1.03mg (51.4%), Zinc: 7.29mg (48.58%), Fiber: 11.99g (47.94%), Selenium: 32.86µg (46.95%), Magnesium: 170.9mg (42.72%), Vitamin B2: 0.68mg (40%), Vitamin B1: 0.6mg (39.82%), Folate: 143.35µg (35.84%), Copper: 0.71mg (35.28%), Vitamin B5: 2.44mg (24.38%), Calcium: 212.5mg (21.25%), Vitamin D: 0.6µg (4.02%)