



Sliced Sirloin Smothered in Onions, with Roquefort Potato Pie and Spinach Salad with Bacon Dressing

 **Gluten Free**  **Very Healthy**

READY IN



35 min.

SERVINGS



4

CALORIES



1256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce triple baby spinach leaves washed
- 0.5 cup balsamic vinegar
- 2 tablespoons peppercorns black
- 2 tablespoons butter
- 4 servings coarse salt
- 0.3 cup olive oil extra-virgin

- 4 cups potatoes leftover instant prepared mashed (use or packaged)
- 8 ounces roquefort crumbled
- 2 scallions chopped
- 6 large mushroom caps white sliced
- 48 ounce sirloin new york strip steaks
- 4 slices center cut bacon chopped
- 4 servings worcestershire sauce for brushing
- 2 large onions yellow thinly sliced

Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- mixing bowl
- grill
- microwave
- grill pan
- butter knife
- pastry brush

Directions

- Preheat grill pan to high heat.
- Remove meat from the refrigerator and unwrap.
- Let beef stand a few minutes, to take the chill off.
- Heat a medium skillet over moderate heat.
- Add butter and sliced onions to a hot pan and season with salt.

- Saute onions for 25 minutes, stirring occasionally, until onions are caramel in color, tender, and sweet.
- Meanwhile, place peppercorns in a heavy-duty food storage bag. Hit peppercorns with a small, heavy frying pan to crack them. Baste meat with a little Worcestershire sauce on each side using a pastry brush. Coat steaks on 1 side with cracked black peppercorns. Grill steaks 5 minutes on each side for medium rare.
- Meanwhile, heat leftover mashed potatoes on high in microwave oven for 5 minutes. If you are using instant potatoes, prepare to package directions and transfer warm potatoes to a mixing bowl. Stir cheese and scallions into the mashed potatoes.
- Heat a nonstick skillet over moderate heat. Coat the inside of pan with butter to aid in crusting.
- Spread cheesy potatoes in an even layer in the skillet and allow them to crust and brown on the bottom, 5 to 7 minutes.
- Cut the potato layer in half gently with a butter knife, careful not to scratch your nonstick surface. Fold one half over top of the opposite making a half moon shaped potato pie with a crusty outside and a cheesy, soft center.
- While steaks and potatoes cook, brown chopped bacon in the small frying pan you used to crack the peppercorns over high heat.
- Transfer browned bacon bits to a paper towel lined plate to drain. Wipe out skillet and return to heat.
- Add 1/2 cup balsamic vinegar to the pan and bring to a bubble. Reduce heat to low and simmer 1 to 2 minutes, until vinegar is reduced by half and thick. Turn off heat.
- Pour spinach into salad bowl. Top with bacon and mushrooms.
- Whisk extra-virgin olive oil into warm vinegar and pour over salad. Toss salad and serve.
- Season the cooked steaks with a little salt and remove to a carving board.
- Let the steaks rest for 5 minutes for the juices to redistribute through the meat evenly. If you slice into a hot steak, the juices will run out and the first bite will be the only tasty one.
- Slice steaks thin against the grain of the meat. Smother steak slices in onions.
- Cut potato pie into 4 wedges and serve along side steaks with spinach salad.

Nutrition Facts



■ PROTEIN 32.25% ■ FAT 48.55% ■ CARBS 19.2%

Properties

Glycemic Index:91.44, Glycemic Load:32.94, Inflammation Score:-10, Nutrition Score:70.596521584884%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 9.48mg, Kaempferol: 9.48mg, Kaempferol: 9.48mg, Kaempferol: 9.48mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 21.84mg, Quercetin: 21.84mg, Quercetin: 21.84mg

Nutrients (% of daily need)

Calories: 1256.34kcal (62.82%), Fat: 67.54g (103.91%), Saturated Fat: 27.21g (170.08%), Carbohydrates: 60.09g (20.03%), Net Carbohydrates: 49.76g (18.09%), Sugar: 10.84g (12.04%), Cholesterol: 297.36mg (99.12%), Sodium: 1826.35mg (79.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 100.92g (201.84%), Vitamin K: 585.66µg (557.77%), Vitamin A: 11508.89IU (230.18%), Vitamin B6: 3.22mg (161.06%), Vitamin B3: 31.14mg (155.7%), Selenium: 105.9µg (151.28%), Phosphorus: 1210.49mg (121.05%), Zinc: 17.36mg (115.73%), Manganese: 2.24mg (112.08%), Vitamin C: 80.04mg (97.02%), Potassium: 3105.11mg (88.72%), Folate: 347.56µg (86.89%), Vitamin B12: 4.6µg (76.72%), Calcium: 665.62mg (66.56%), Iron: 11.9mg (66.11%), Magnesium: 263.01mg (65.75%), Vitamin B2: 1.09mg (64.13%), Vitamin B5: 4.58mg (45.84%), Vitamin B1: 0.63mg (42.23%), Fiber: 10.34g (41.34%), Copper: 0.8mg (39.9%), Vitamin E: 5.81mg (38.72%), Vitamin D: 0.57µg (3.79%)