



Spice-Rubbed Grilled Rib Steaks with Green Bean and Cherry Tomato Salad

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper black as needed freshly ground plus more
- 1 pound cherry tomatoes halved
- 2 teaspoons garlic powder
- 2 pounds green beans ends trimmed
- 2 teaspoons ground mustard
- 2 teaspoons kosher salt as needed plus more
- 6 tablespoons juice of lemon freshly squeezed (from 3 medium lemons)

- 2 teaspoons lemon zest finely grated (from 2 medium lemons)
- 0.5 cup olive oil extra virgin extra-virgin
- 0.5 cup parsley fresh italian finely chopped
- 2 tablespoons shallots finely chopped (from 1 medium shallot)
- 4 rib fat-trimmed beef flank steak (2 to 3 pounds total)
- 4 servings vegetable oil for coating the grill grates

Equipment

- bowl
- paper towels
- whisk
- pot
- grill
- kitchen thermometer
- cutting board

Directions

- Combine the mustard, garlic, salt, and pepper in a small bowl. Coat both sides of the steaks with a thin layer of the spice mixture, rubbing it in thoroughly.
- Let them sit at room temperature for 1 hour. (The rub should be almost completely absorbed by the meat, or it will burn when the steaks are grilled.) Meanwhile, make the salad. For the salad: Bring a large pot of heavily salted water to a boil and prepare an ice water bath by filling a bowl halfway with ice and water; set aside. Meanwhile, make the dressing.
- Place the shallot, lemon zest, and measured salt and pepper in a medium, nonreactive bowl and add the lemon juice. While whisking constantly, slowly drizzle in the oil and whisk until evenly combined. Set the dressing aside.
- Add the green beans to the boiling water and cook until crisp-tender, about 3 to 4 minutes.
- Drain and transfer to the prepared ice water bath. When the beans are chilled, drain again and thoroughly pat dry with paper towels.
- Heat a gas or charcoal grill to high (about 450°F to 550°F). When the grill is ready, rub the grates with a towel dipped in vegetable oil, place the steaks on the grates, and close the grill.

Cook, undisturbed, until grill marks appear on the bottom and the steaks are lightly charred on the edges, about 4 to 5 minutes. Flip, close the grill, and cook until the steaks reach medium rare, about 4 minutes more. (To check for doneness, use your finger to press on the meat: It should be firm around the edges but still give in the center. You can also use an instant-read thermometer; it should register 115°F to 120°F for rare, 125°F to 130°F for medium rare.)

- Transfer the steaks to a cutting board and let them rest for at least 5 to 10 minutes.
- Serve with the salad. Beverage pairing: Silverado Cabernet Sauvignon, Napa Valley. This recipe is a great excuse to break out a big, new-world red wine. Cab and steak were meant for each other, but because of the spice here, a ripe, jammy wine such as the Silverado works well.

Nutrition Facts

PROTEIN 8.24% **FAT 59.62%** **CARBS 32.14%**

Properties

Glycemic Index:36.25, Glycemic Load:4.84, Inflammation Score:-10, Nutrition Score:24.481304377722%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg

Nutrients (% of daily need)

Calories: 287.31kcal (14.37%), Fat: 20.68g (31.81%), Saturated Fat: 3.12g (19.53%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 17.19g (6.25%), Sugar: 11.39g (12.66%), Cholesterol: 0.61mg (0.2%), Sodium: 1195.66mg (51.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Vitamin K: 253.63µg (241.55%), Vitamin C: 73.99mg (89.68%), Vitamin A: 2756.46IU (55.13%), Manganese: 0.74mg (37.21%), Fiber: 7.88g (31.53%), Folate: 109.75µg (27.44%), Vitamin E: 3.65mg (24.32%), Potassium: 843.67mg (24.1%), Vitamin B6: 0.48mg (23.98%), Iron: 3.94mg (21.91%), Magnesium: 79.15mg (19.79%), Vitamin B1: 0.26mg (17.22%), Vitamin B2: 0.28mg (16.55%), Phosphorus: 143.92mg (14.39%), Copper: 0.28mg (14.22%), Vitamin B3: 2.51mg (12.57%), Calcium: 118.18mg (11.82%), Vitamin B5: 0.76mg (7.6%), Selenium: 4.74µg (6.77%), Zinc: 0.98mg (6.55%)