



Steak & chips

 Gluten Free

READY IN



50 min.

SERVINGS



2

CALORIES



822 kcal

SIDE DISH

Ingredients

- ☐ 600 g potatoes
- ☐ 2 servings unrefined sunflower oil for frying
- ☐ 400 g beef steaks
- ☐ 2 handfuls bay leaves mixed
- ☐ 2 servings the dressing
- ☐ 50 g butter softened
- ☐ 1 small handful parsley finely chopped
- ☐ 1 small garlic clove minced

- ☐ 1 small juice of lemon

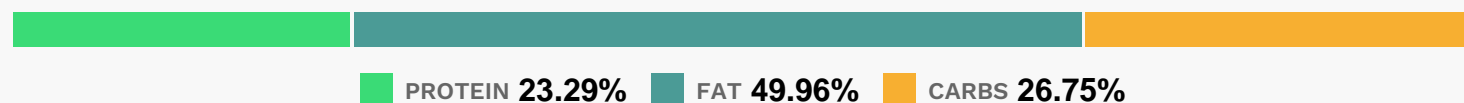
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ First make the butter: mash all the ingredients together with lots of cracked black pepper. Pat the butter flat between cling film (itll chill quicker when thinner) and put in the fridge or freezer to harden.
- ☐ Cut the potatoes into neat chips, rinse under hot water, then dry on a tea towel.
- ☐ Place the chips in a deep saucepan (they should only come up a third of the way) and just cover with cold oil.
- ☐ Place the pan on a medium heat, bring the oil to a simmer and give the chips a stir with a wooden spoon. Increase the heat so the oil bubbles really quickly and fry the chips, stirring occasionally so they dont stick, until crisp and golden the whole process will take 15–20 mins. When they are done, scoop out with a slotted spoon onto a plate lined with kitchen paper and set aside.
- ☐ Meanwhile, heat the griddle pan until smoking hot. Season the steaks with salt and pepper and rub with a little oil how you cook your steak will depend on the cut you have chosen and its thickness. For a steak thats 2cm thick, cook it for 2 mins on each side for rare, adding 1 min more for every increasing degree of doneness. Just before lifting the steaks off the griddle, place half the butter on top of each.
- ☐ Serve the steaks with the chips, some mixed leaves and a tangy dressing.

Nutrition Facts



Properties

Glycemic Index:97.88, Glycemic Load:38.53, Inflammation Score:-8, Nutrition Score:37.795652265134%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 822.43kcal (41.12%), Fat: 45.69g (70.3%), Saturated Fat: 21.9g (136.85%), Carbohydrates: 55.06g (18.35%), Net Carbohydrates: 48.05g (17.47%), Sugar: 2.98g (3.31%), Cholesterol: 198.16mg (66.05%), Sodium: 309.01mg (13.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.92g (95.85%), Vitamin B6: 2.16mg (108.03%), Vitamin C: 68.5mg (83.04%), Vitamin B3: 15.39mg (76.93%), Selenium: 50.86µg (72.65%), Phosphorus: 585.21mg (58.52%), Zinc: 8.68mg (57.85%), Potassium: 1977.18mg (56.49%), Vitamin K: 43.89µg (41.8%), Vitamin B12: 2.5µg (41.72%), Iron: 6.2mg (34.44%), Manganese: 0.6mg (29.89%), Magnesium: 117mg (29.25%), Fiber: 7.01g (28.02%), Vitamin B1: 0.42mg (27.87%), Copper: 0.52mg (25.81%), Vitamin B5: 2.13mg (21.25%), Vitamin B2: 0.34mg (19.71%), Folate: 78.68µg (19.67%), Vitamin A: 862.74IU (17.25%), Vitamin E: 2.53mg (16.86%), Calcium: 102.81mg (10.28%)