



Steak, chips & quick pepper sauce

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



655 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 large potatoes cut into chunky chips, skin left on
- ☐ 1 fillet fat-trimmed beef flank steak
- ☐ 1 tbsp red wine vinegar
- ☐ 125 ml beef stock
- ☐ 2 tbsp extra double cream thick

Equipment

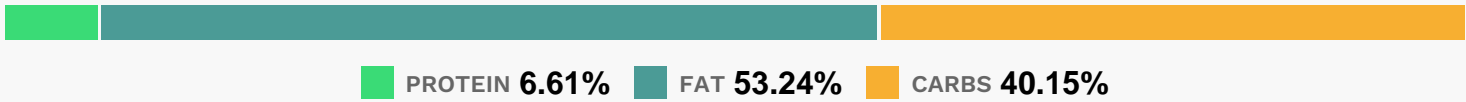
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put 1 tbsp oil in a small roasting tin and heat up in the oven. Boil the potatoes in salted water for 3 mins before draining and letting steam-dry for a few mins. Season, carefully toss in the hot oil and cook for 30–35 mins until crisp and golden.
- ☐ When the chips are nearly done, heat the rest of the oil in a frying pan. Season the steak with lots of freshly ground pepper and a little salt, then fry for 2–3 mins on each side, depending on how rare you like it. Rest for 5 mins while you make the sauce.
- ☐ Pour excess oil from the pan and add the vinegar. Bubble, then add the stock and boil until reduced by half. Stir through the cream, bubbling to thicken a little, then add as much extra pepper as you like.
- ☐ Serve with steak, chips and peas.

Nutrition Facts



Properties

Glycemic Index:83.75, Glycemic Load:47.19, Inflammation Score:-7, Nutrition Score:23.280434800231%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 655.05kcal (32.75%), Fat: 39.42g (60.64%), Saturated Fat: 10.97g (68.55%), Carbohydrates: 66.88g (22.29%), Net Carbohydrates: 58.76g (21.37%), Sugar: 4.44g (4.93%), Cholesterol: 34.51mg (11.5%), Sodium: 283.58mg (12.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.02%), Vitamin C: 72.95mg (88.42%), Vitamin B6: 1.17mg (58.64%), Potassium: 1825.35mg (52.15%), Fiber: 8.12g (32.47%), Vitamin E: 4.36mg (29.05%), Manganese: 0.57mg (28.59%), Phosphorus: 269.67mg (26.97%), Vitamin B3: 5.06mg (25.32%), Magnesium: 96.65mg (24.16%), Vitamin K: 24.97µg (23.78%), Copper: 0.47mg (23.37%), Vitamin B1: 0.34mg (22.93%), Iron: 3.49mg (19.4%), Vitamin B2: 0.29mg (17.19%), Folate: 62.81µg (15.7%), Vitamin B5: 1.17mg (11.69%), Zinc: 1.41mg (9.42%), Vitamin A: 448.53IU (8.97%), Calcium: 75.47mg (7.55%), Selenium: 3.77µg (5.39%), Vitamin D: 0.48µg (3.21%), Vitamin B12: 0.06µg (1.08%)