



Steak & chips salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 750 g potatoes frozen
- ☐ 1 tbsp olive oil
- ☐ 2 pieces sirloin steak
- ☐ 120 g the salad
- ☐ 6 tbsp dijon honey mustard homemade bought

Equipment

- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cook the potatoes: Scatter the frozen wedges in a single layer on a large baking sheet and bake until golden and crunchy, according to packet instructions.
- ☐ Cook the steaks: While the potatoes are in the oven, heat the oil in a frying pan until hot, and fry the steaks for 2–3 minutes on each side.
- ☐ Remove the steaks from the pan and leave to rest for a few minutes before slicing into thin strips.
- ☐ Assemble the dish: When the potatoes are done, sprinkle them with a little salt and black pepper. Tip the salad leaves into a bowl and toss with 4 tablespoons of the dressing. Divide the salad between 4 plates, top with potatoes and then the steak.
- ☐ Drizzle over the remaining dressing and serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:23.98, Inflammation Score:-6, Nutrition Score:10.829565177145%

Flavonoids

Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 226.23kcal (11.31%), Fat: 3.76g (5.79%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 38.6g (14.04%), Sugar: 5.96g (6.63%), Cholesterol: 0.28mg (0.09%), Sodium: 131.89mg (5.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.53%), Vitamin C: 43.9mg (53.21%), Vitamin B6: 0.58mg (28.95%), Potassium: 842.55mg (24.07%), Manganese: 0.33mg (16.55%), Fiber: 4.13g (16.5%), Phosphorus: 119.44mg (11.94%), Magnesium: 46.53mg (11.63%), Copper: 0.22mg (10.89%), Vitamin B3: 2.16mg (10.8%), Vitamin B1: 0.16mg (10.63%), Folate: 41.13µg (10.28%), Iron: 1.68mg (9.34%), Vitamin A: 344.55IU (6.89%), Vitamin B5: 0.59mg (5.93%), Vitamin K: 5.67µg (5.4%), Vitamin B2: 0.08mg (4.46%), Zinc: 0.62mg (4.15%), Vitamin E: 0.52mg (3.49%), Calcium: 26.47mg (2.65%), Selenium: 0.76µg (1.09%)