



Steak with chimichurri sauce



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



2

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small bunch parsley roughly chopped
- ☐ 0.5 tsp oregano fresh
- ☐ 2 garlic clove
- ☐ 1 shallots chopped
- ☐ 0.5 tsp pepper
- ☐ 2.5 tbsp olive oil
- ☐ 0.5 juice of lemon
- ☐ 2 tsp red wine vinegar

- ☐ 250 g sirloin steak
- ☐ 2 servings fries

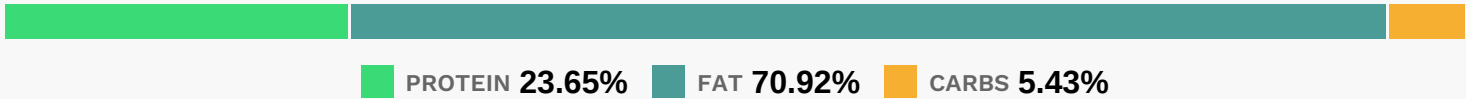
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ To make the chimichurri, blitz the parsley, oregano, garlic, shallot and chilli flakes in a food processor or chop very finely by hand.
- ☐ Add 2 tbsp of the olive oil, the lemon juice, vinegar and some seasoning, and pulse to combine everything to a saucy consistency.
- ☐ Rub the remaining oil and a little seasoning into the steaks.
- ☐ Heat a griddle or frying pan and cook the steaks for 2–3 mins on each side or until done to your liking. Rest for a few mins, then spoon over the sauce and serve with fries and salad.

Nutrition Facts



Properties

Glycemic Index:80.67, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:24.246521700983%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 4.28mg, Myricetin: 4.28mg, Myricetin: 4.28mg, Myricetin: 4.28mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 463.73kcal (23.19%), Fat: 36.54g (56.21%), Saturated Fat: 10.04g (62.74%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 4.45g (1.62%), Sugar: 1.5g (1.67%), Cholesterol: 70mg (23.33%), Sodium: 99.51mg (4.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.83%), Vitamin K: 481.41µg (458.49%), Vitamin B12:

3.47µg (57.92%), Vitamin C: 42.85mg (51.93%), Vitamin A: 2557.96IU (51.16%), Selenium: 21.36µg (30.52%), Zinc: 4.53mg (30.21%), Vitamin B6: 0.6mg (30.07%), Iron: 4.87mg (27.07%), Vitamin B3: 5.07mg (25.32%), Phosphorus: 250.06mg (25.01%), Vitamin E: 3.03mg (20.17%), Potassium: 627.49mg (17.93%), Vitamin B2: 0.27mg (15.72%), Folate: 58.09µg (14.52%), Magnesium: 45.42mg (11.35%), Vitamin B1: 0.17mg (11.17%), Manganese: 0.18mg (9.25%), Copper: 0.17mg (8.55%), Fiber: 1.84g (7.34%), Calcium: 66.74mg (6.67%), Vitamin B5: 0.58mg (5.79%)