



 **60%**
HEALTH SCORE

Steak with goat's cheese sauce

 **Gluten Free**  **Very Healthy**

READY IN



75 min.

SERVINGS



2

CALORIES



970 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium baking potatoes cut into 8 wedges
- 2 tbsp olive oil
- 1 tsp thyme sprigs fresh
- 140 g goat cheese at room temperature
- 3 tbsp crème fraîche
- 1 tbsp peppercorns green crushed drained
- 400 g sirloin steak
- 2 handfuls watercress

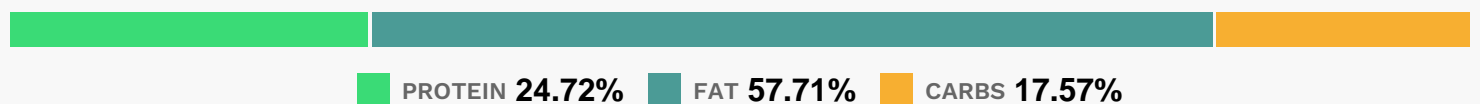
Equipment

- bowl
- frying pan
- oven
- microwave

Directions

- Preheat the oven to fan 160C/conventional 180C/gas
- Tip the wedges into a roasting tin and toss them in the oil and thyme. Roast for 35–45 minutes, turning once, until they're crispy on the outside and soft in the middle.
- About 15 minutes before the wedges are ready, remove the rind from the goats cheese and discard, then cut into chunks. Put it into a small bowl and microwave on Medium for 1 minute to melt. Beat in the crme frache, return to the microwave and heat for another minute on Medium until the cheese and crme frache have melted into a sauce. Season with salt and the peppercorns and stir.
- Heat a griddle pan over a high heat. Season the steaks with black pepper and cook them for 2 minutes on each side for rare, or up to 4 minutes on each side for well done. Divide the sauce between two bowls for dipping.

Nutrition Facts



Properties

Glycemic Index:96.88, Glycemic Load:30.91, Inflammation Score:-8, Nutrition Score:36.304347997126%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 969.53kcal (48.48%), Fat: 62.23g (95.74%), Saturated Fat: 26.1g (163.12%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 38.54g (14.01%), Sugar: 2.59g (2.88%), Cholesterol: 154.82mg (51.61%), Sodium:

383.56mg (16.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.97g (119.93%), Vitamin B12: 5.73µg (95.51%), Vitamin B6: 1.69mg (84.72%), Phosphorus: 666.95mg (66.7%), Manganese: 1.08mg (53.97%), Zinc: 7.95mg (52.99%), Selenium: 36.73µg (52.47%), Vitamin B3: 9.85mg (49.24%), Copper: 0.96mg (48.13%), Potassium: 1619.24mg (46.26%), Iron: 7.83mg (43.5%), Vitamin B2: 0.74mg (43.45%), Vitamin B1: 0.43mg (28.92%), Magnesium: 111.39mg (27.85%), Vitamin K: 24.48µg (23.31%), Vitamin B5: 1.87mg (18.72%), Vitamin A: 915.63IU (18.31%), Calcium: 180.98mg (18.1%), Fiber: 4.09g (16.38%), Vitamin C: 13.37mg (16.21%), Vitamin E: 2.29mg (15.29%), Folate: 52.42µg (13.1%), Vitamin D: 0.28µg (1.87%)