



Strip Steaks with a Side of Blue Cheese Spaghetti

READY IN



25 min.

SERVINGS



4

CALORIES



1448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups arugula shredded cleaned trimmed
- 4 slices bacon chopped
- 8 ounces cheese crumbles blue
- 5 tablespoons butter divided
- 1 cup chicken stock see
- 2 tablespoons chives chopped
- 2 tablespoons flour all-purpose
- 4 cloves garlic divided minced

- 4 servings ground pepper black
- 0.3 cup half-and-half
- 2 tablespoons olive oil extra-virgin
- 2 tablespoons sage leaves chopped
- 4 servings salt
- 2 shallots finely chopped
- 1 pound pasta like spaghetti
- 32 ounce ny strip steaks

Equipment

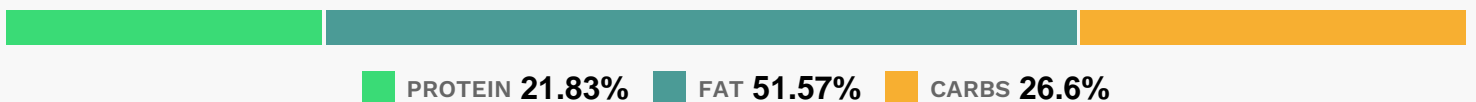
- frying pan
- paper towels
- oven
- whisk
- pot
- broiler
- stove
- microwave
- slotted spoon
- broiler pan

Directions

- Put a large pot of water on the stove to bring to a boil for pasta.
- Preheat broiler to high with rack on top shelf.
- Preheat medium skillet over medium-high heat.
- Add chopped bacon and cook until crisp.
- Salt water for pasta and add spaghetti to the pot. Cook to al dente, with a bite to it.
- Season the steaks with salt and pepper on both sides and arrange on slotted broiler pan.

- Remove bacon to paper towel lined plate with a slotted spoon and drain off most of the fat, return pan to heat and reduce heat to medium.
- Add extra-virgin olive oil, 2 turns of the pan and 1 tablespoon butter. When butter melts into extra-virgin olive oil, add in 2 cloves garlic and the shallots, saute for 3 minutes.
- Arrange steaks on the broiler pan.
- Place under broiler – leave door to oven cracked ajar to limit flare ups and smoke. Cook 4 minutes on each side for medium rare, up to 5 to 6 minutes on each side for medium well doneness.
- To the garlic and shallots, add in flour and cook a minute more.
- Whisk in stock, bring to a bubble, about 30 seconds then stir in the cream. When cream comes to a bubble, add in blue cheese and sage and a few grinds of black pepper. Stir until cheese melts. Reduce heat to lowest setting.
- Soften 4 tablespoons butter in microwave on high for 15 seconds.
- Mix in chives and 2 cloves minced garlic and reserve.
- Remove steaks from oven and let rest 5 minutes.
- Place 1/4 of the chive and garlic butter mixture on each steak to melt down over the meat as they rest.
- Drain pasta and toss with sauce to coat and combine evenly. Taste to adjust seasoning.
- Serve steaks with pasta alongside. Scatter the arugula and bacon bits across the top of the pasta.

Nutrition Facts



Properties

Glycemic Index:90.75, Glycemic Load:37.35, Inflammation Score:-8, Nutrition Score:45.561739123386%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 1447.78kcal (72.39%), Fat: 82.73g (127.28%), Saturated Fat: 39.43g (246.45%), Carbohydrates: 96.02g (32.01%), Net Carbohydrates: 91.39g (33.23%), Sugar: 6.15g (6.84%), Cholesterol: 240.11mg (80.04%), Sodium: 1328.9mg (57.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.8g (157.59%), Copper: 9.7mg (485.05%), Selenium: 143.52µg (205.03%), Zinc: 15.38mg (102.56%), Phosphorus: 850.26mg (85.03%), Vitamin B3: 15.78mg (78.88%), Vitamin B12: 4.63µg (77.08%), Manganese: 1.51mg (75.46%), Vitamin B6: 1.35mg (67.75%), Vitamin B2: 0.97mg (57.02%), Calcium: 410.64mg (41.06%), Iron: 6.71mg (37.27%), Potassium: 1249.93mg (35.71%), Magnesium: 142.48mg (35.62%), Vitamin B1: 0.46mg (30.85%), Vitamin A: 1271.35IU (25.43%), Vitamin K: 25.05µg (23.86%), Folate: 74.1µg (18.53%), Fiber: 4.63g (18.52%), Vitamin B5: 1.77mg (17.75%), Vitamin E: 1.89mg (12.58%), Vitamin C: 4.56mg (5.53%), Vitamin D: 0.6µg (3.99%)