ITALIAN · LUNCH · DINNER

Carne alla Pizzaiola (Neapolitan Beef in Tomato and Oregano)

Carne alla pizzaiola

25 min · Serves 4 · 343 kcal a serve · Video 6:18 in Italian · Cucina Geek

Gluten-free ingredients · Dairy-free · Nut-free

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28 g protein and 6 g net carbs a serve: quick-cooked beef slices simmered in a plain tomato, garlic and oregano sauce, with no flour or sugar.

Diet notes: Low carb (6.4 g net carbs) but not keto: 59% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

7 · SERVES 4

- [ ] 480 g **beef rump** (scamone), thin slices for quick cooking
- [ ] 450 g **tomato pulp** (polpa di pomodoro)
- [ ] 4 tbsp extra **virgin olive oil**
- [ ] 1 **garlic** clove, finely chopped
- [ ] 1 sprig **oregano**
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Finely chop the garlic. Put the oil in a frying pan over medium heat and add the garlic. 0:58
2. Add the tomato pulp. 1:46
3. Season with salt and pepper. Capers or parsley can go in now if you like (Sicily and Puglia add capers, Sicily olives too); the classic Neapolitan version has neither capers nor olives. 2:34
4. Lower the heat and simmer the sauce for 15 minutes. Meanwhile, cut any large slices of beef in half. 3:00
5. Lay the beef slices in the sauce and cook for 5 minutes. 3:23
6. Turn the slices over, cover and cook for 5 minutes more. 4:30
7. Add the oregano, turn off the heat and serve the beef with its sauce. 4:55

> **Tip** Ask the butcher for a cut that cooks fast (rump, topside); tougher cuts need a long, slow simmer instead. The extra sauce is traditionally mopped up with bread; a green salad keeps it lower in carbs.

The method is a summary in our words, in English — the video (in Italian) shows every step.

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
343 kcal	28 g	8.7 g	2.3 g	22 g	590 mg
1,430 kJ	56% of a day	6.4 g net · 4.5 g sugars	8% of a day	5.2 g saturated	26% of a day
		3% of a day		29% of a day	

Energy from net carbs 8% · protein 33% · fat 59% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 54% · Vitamin B12 52% · Zinc 44% · Vitamin B6 39% · Vitamin E 24% · Iron 20%

Source of (10–19%) Potassium 13% · Vitamin C 12% · Vitamin K 12% · Magnesium 10%

Recipe and video: Cucina Geek (@CucinaGeek) on YouTube — youtube.com/watch?v=QOblavc0iyQ, published 27 February 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/carne-alla-pizzaiola