ITALIAN · DINNER

Tagliata di Manzo with Rocket and Cherry Tomatoes

75 min · Serves 4 · 436 kcal a serve · Video 3:24 · GialloZafferano

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

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Simple grilled beef on a salad: one serve gives about 40 g of protein and is rich in zinc, vitamin B12 and selenium, with no added sugar and only a drizzle of olive oil.

Diet notes: Low carb (1.3 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 6 · SERVES 4

- [ ] 1¾ lb **entrecôte** (sirloin), trimmed of fat
- [ ] 3½ oz **rocket** (arugula)
- [ ] 3½ oz **cherry tomatoes**
- [ ] **salt flakes**, to taste
- [ ] **black pepper**, to taste
- [ ] extra **virgin olive oil**, a drizzle to finish (about 2 tbsp)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

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. Take the beef out of the fridge at least 1 hour before cooking so it comes to room temperature. Cut it into 4 thick pieces, about 1½ inches each. 0:23
2. Heat a ridged grill pan until very hot, add two pieces at a time and lower the heat to medium-high. Cook about 3 minutes, then turn and cook 3–4 minutes more, until the centre reaches 126–129°F for medium-rare. 0:49
3. Rest the steaks on a board for 1 minute, then cut across into slices with a very sharp knife. 1:30
4. Lay the sliced beef on a bed of rocket, add the cherry tomatoes (some halved, some whole), season with salt flakes and pepper and finish with a drizzle of raw extra virgin olive oil. 2:07

> **Tip** Time includes 1 hour for the meat to come to room temperature. Cook a little longer if you prefer it less pink. Shaved parmesan or a little balsamic are popular extras.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
436 kcal	41 g	2.1 g	0.8 g	28 g	480 mg
1,820 kJ	83% of a day	1.3 g net · 1.2 g sugars	3% of a day	9.4 g saturated	21% of a day
		1% of a day		36% of a day	

Energy from net carbs 1% · protein 39% · fat 60% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 94% · Selenium 82% · Zinc 74% · Vitamin B6 55% · Vitamin K 30%

Source of (10–19%) Iron 18% · Potassium 14% · Magnesium 12% · Vitamin E 12% · Omega-3 11% · Folate 10%

Recipe and video: GialloZafferano (@GialloZafferanoTV) on YouTube — youtube.com/watch?v=II0Bxv6I6r0, published 30 August 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/tagliata-di-manzo-rocket-cherry-tomatoes