

Mark's Kitchen

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Grilled Beef with Baba Ghanoush and Roasted Carrots

Looking for a hearty meal to serve to guests or even just for dinner tonight? This grilled beef with baba ghanoush and roasted carrots dish is the perfect evening meal, and you can always switch it up by adding more roasted veggies like yams and zucchini. It's filled with healthy protein, and it tastes delicious.

Serves: 2

Ready in: 1 hour

Ingredients

For the Carrots:

- 1 bunch of evenly sized carrots (about 6)
- 1 teaspoon sea salt
- 2 tablespoons extra-virgin olive oil

For the Baba Ghanoush:

- 2 cloves of garlic
- 3 medium sized eggplants
- 1/4 cup of tahini
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon sea salt
- 1/4 cup chopped parsley
- 2 teaspoons chopped thyme

For the Beef:

- 2 tablespoons coriander seeds
- 1 teaspoon paprika
- zest of 1 lemon
- 2 teaspoons sea salt
- 8-12 ounces beef rib eye (grass fed)

For the Garnish:

mixed olives

fermented vegetables (such as sauerkraut)

Step 1: Preheat the oven to 375° F. Arrange the carrots on a baking dish, drizzle with sea salt and olive oil, mix to coat evenly. Place in the oven and roast until they can be pierced with a knife, about 30-40 minutes depending on the size.

Step 2: Place the eggplant on a separate baking dish. Drizzle with the oil and rub to coat evenly. Use a knife to pierce the eggplant all over which will keep the skin from expanding once it is in the oven. Bake for 30-45 minutes or until the eggplant is soft and deflated. Remove from the oven and let cool completely. Once cool enough to handle, peel away the skin and remove any clumps of seeds from the interior. Set aside the remaining pulp.

Step 3: To make the Baba Ganoush, place the garlic in a food processor and pulse to mince. Add the eggplant and process until smooth. Use a spatula to scrape down the sides and then add in the salt, herbs, lemon, and tahini. Process again to incorporate fully to form a smooth puree. Transfer the puree into a glass container and set in the fridge until ready to serve.

Step 4: To cook the beef, first toast the coriander seeds in a dry pan over medium heat. Shake the pan often to prevent burning. Once the seeds become aromatic, transfer to a mortar and pestle or spice grinder and grind fully. Add the ground coriander to a small bowl and mix in the paprika, salt, and lemon zest.

Step 5: Heat a grill pan on medium-high heat or preheat the grill. Coat the steak on both sides with the spice mixture. Place the steak in the pan and cook on one side for 3-4 minutes, then flip, and cook an additional 2-3 minutes. Remove the steak from the heat and set aside to rest for a few minutes before slicing into strips.

Step 6: Divide the steak between two plates and serve with a few carrots, a big scoop of the Baba Ghanoush, olives, and a side of fermented vegetables.

Nutritional analysis per serving: Calories 842 • Total Fat 57 g • Protein 32 g •
Fiber 23 g • Sugar 9 g • Sodium 496 mg