



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Beef Maltagliata with Arugula, Radicchio, and Ricotta

Beef Maltagliata is a traditional Italian dish made with thinly sliced beef, arugula, radicchio, and ricotta cheese. It is usually served as a main course and is popular during special occasions and celebrations. The beef is marinated in a flavorful mixture of herbs and spices, then seared to perfection. The arugula and radicchio add a fresh and slightly bitter taste, while the ricotta cheese adds creaminess and richness to the dish. This recipe is perfect for meat lovers who enjoy bold flavors and hearty meals.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	beef sirloin
100 g	Arugula

100 g	Radicchio
150 g	ricotta cheese
2 tbsp	Olive oil
2 cloves	garlic
1 tsp	fresh rosemary
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Mixing

In a small bowl, combine the olive oil, minced garlic, chopped rosemary, salt, and black pepper to make a marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Resting

Place the beef sirloin in a shallow dish and pour the marinade over it. Rub the marinade into the meat, making sure it is evenly coated. Let it marinate for at least 1 hour in the refrigerator.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Heat a grill pan or skillet over medium-high heat. Remove the beef from the marinade and discard the excess marinade. Cook the beef for about 3-4 minutes per side, or until it reaches your desired level of doneness. Remove from heat and let it rest for a few minutes.

Prep Time: 5 mins

Cook Time: 8 mins

Step 4

Cutting

While the beef is resting, prepare the arugula, radicchio, and ricotta cheese. Wash and dry the arugula and radicchio, then tear them into bite-sized pieces. Crumble the ricotta cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cutting

Slice the beef sirloin into thin strips, against the grain. Arrange the beef, arugula, radicchio, and ricotta cheese on a serving platter.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Stirring

Drizzle the beef and greens with olive oil, and season with salt and black pepper to taste. Toss gently to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Beef Maltagliata with Arugula, Radicchio, and Ricotta immediately. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 35 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	12 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	30 mg	2307.69%	2307.69%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	40 mg	363.64%	500%
Selenium	60 mcg	109.09%	109.09%

Recipe Attributes

Cuisines

Italian French Mediterranean

Kitchen Tools

Grill

Course

Main Dishes Salads Sauces & Dressings

Cooking Method

Frying Boiling Blanching Cooking None Stir-frying Mashing
Sprinkling Refrigerating Cooling Oven

Healthy For

Gastroesophageal reflux disease (GERD) Gastritis

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

Visit our website: healthdor.com