***Minute Steak in Chimichurri Sauce with Potato Cakes***

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| ***Chimichurri Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Coriander Fresh (finely chopped) | 100 g | 25 Cal |
| Parsley Fresh (finely chopped) | 100 g | 35 Cal |
| Cumin Powder | 5 g | 20 Cal |
| Chili Flakes | 10 g | 30 Cal |
| Dry Oregano (finely chopped) | 5 g | 15 Cal |
| Black Pepper | 5 g | 15 Cal |
| Salt | 1 g | 0 Cal |
| Lemon Juice | 50 g | 15 Cal |
| Olive Oil | 80 g | 688 Cal |
| ***Total*** | 356 g | 843 Cal |
| ***2.3 Cal/g*** | |

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| ***Potato Cakes*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Mashed Potato | 1000 g | 970 Cal |
| Eggs | 2 pcs | 130 Cal |
| White Flour | 100 g | 360 Cal |
| Mozzarella Cheese | 100 g | 140 Cal |
| Salt | 10 g | 0 Cal |
| White Pepper | 3 g | 0 Cal |
| Shredded Potato (not cooked) | 500 g | 290 Cal |
| ***Total*** | 1713 g before cook | 1890 Cal |
| 1456 g after cook |
| ***1.30 Cal/g*** | |

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| ***Item Name*** | ***1P*** | ***2P*** | ***3P*** |
| Beef | 90 g/ 200 Cal | 110 g/ 244 Cal | 125 g/277 Cal |
| Chimichurri Sauce | 40 g/ 92 Cal | 40 g/ 92 Cal | 40 g/ 92 Cal |
| Potato Cake | 60 g/78 Cal | 100 g/130 Cal | 150g/195 Cal |
| ***Total*** | ***190g/ 370 Cal*** | ***250G / 466 Cal*** | ***315g / 564 Cal*** | |