

FLANK STEAK & CHIMICHURRI

FRESH GRILLED STEAK ACCOMPANIED BY A TANGY ARGENTINIAN HERB SAUCE



Yield: 8 – Serving Size: 5oz. – Prep Time: 25 Minutes



Ingredients:

- 2 Lbs. - Flank Steak
 - To Taste – Salt and Black Pepper (For Flank Steak)
 - 2 Each - Parsley, Fresh, Flat Leaf (Bunches)
 - ½ Each - Red Onion, Medium Dice
 - 3 Each - Fresh Garlic, Cloves
 - ¼ tsp. - Red Pepper Flakes
 - 1 tsp. - Salt
 - ½ tsp. - Black Pepper
 - 1 Each - Lemon, Whole
 - 1 Cup - Olive Oil
- } For Chimichurri Sauce



1) Place the Fresh Parsley, half a Red Onion, Fresh Garlic Cloves, Red Pepper Flakes, Salt and Black Pepper into the blender. Next zest the rind of the one Lemon into the blender. Slice the lemon in half and squeeze the lemon juice into the blender. (Place strainer under lemon to prevent seeds from entering) Finally add the Olive Oil. Cover and blend until smooth. Set aside Chimichurri Sauce.



2) Pat the Flank Steak dry using paper towel. (This helps to ensure a proper crust on the steak) Season both sides of the Flank Steak liberally with Salt and Black Pepper.



3) Preheat the grill (or Cast Iron Pan) over Medium High Heat. Once the grill or pan has reached temperature place down the Flank Steak. Allow the Flank Steak to cook on both sides for approximately 6-8 minutes per side. (3-4 minutes if making cross marks on a grill)



4) Cook the Flank Steak until the desired internal temperature is achieved.

Rare: 115F
Med. Rare: 120F
Med.: 125F
Med. Well: 135F
Well Done: 145F

5) Remove the Flank Steak and allow the steak to rest for approximately 5-7 minutes before slicing on a bias. (Be sure to cut across the grain when slicing)



6) Serve alongside Chimichurri Sauce and Enjoy!

Equipment Needed: Grill/Cast Iron Pan, Chef Knife, Tongs, Cutting Board, Blender, Thermometer, Zester, Measuring Cup and Spoons

Calories: 480Kcal – **Calories from Fat:** 330Kcal – **Total Fat:** 38g – **Saturated Fat:** 8g – **Trans Fat:** 0g – **Cholesterol:** – 90mg
Sodium: 560mg – **Total Carbohydrate:** 5g – **Dietary Fiber:** 1g – **Sugar:** 1g – **Protein:** 32g