



Churrasco Style Flank Steak with Chimichurri Sauce

Serves 6



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Ingredients

- 2 cloves garlic, chopped
- ½ small onion, diced
- ½ Tbsp. jalapeno, fresh or canned, chopped
- 2 Tbsp. scallions, fresh, sliced
- ½ tsp. chili powder
- ½ tsp. smoked paprika
- ¼ cup italian flat leaf parsley
- ¼ cup cilantro, picked
- 1 Tbsp. red wine vinegar
- ½ tsp. sea salt
- ⅛ tsp. black pepper
- ½ each lime, zest and juice
- ¼ cup olive oil
- 2 ½ lb. flank steak

Directions

1. Add the first 12 ingredients to a food processor or blender. While slowly adding the olive oil, puree the ingredients for 15 seconds to a chunky consistency.
2. Use half of the sauce to marinate the flank steak. Reserve the other half to garnish after cooking.
3. Place marinated beef in a sealed container and store overnight.
4. Before cooking, remove excess marinade from the steak. Heat grill and grill mark each side. Continue to cook to an internal temperature of 155 degrees and allow meat to rest 5-10 minutes.
5. Slice flank steak at an angle into 1 oz. slices. Garnish with the remaining marinade. One serving is 4 oz.

Nutritional facts per 1 serving (4 oz.):

Calories 340, Total Fat 22g (35%), Saturated Fat 2g (8%), Cholesterol 90mg (30%), Sodium 360mg (15%), Total Carbohydrate 3g (1%), Dietary Fiber less than 1g (4%), Total Sugars 0g, Protein 31g