

# Chimichurri Marinated Steak

Prep Time: 15 minutes + marinate time | Cook Time: 10 minutes  
Servings: 4 | Serving Size: ¼ of the recipe



*Spring is bursting with fresh herbs and this dish is the perfect vessel for them to shine! This recipe works for any cut of steak, so feel free to substitute your favorite.*

## Ingredients:

### Chimichurri:

¼ cup chopped fresh oregano leaves  
¼ cup chopped fresh cilantro  
2 tablespoons chopped fresh parsley  
1 tablespoon fresh thyme  
¼ cup finely minced shallots  
5 cloves garlic, chopped  
½ teaspoon red pepper flakes  
¼ cup red wine vinegar  
1 cup olive oil

1 ½ lbs grass-fed steak (skirt, flat iron, flank)  
1 teaspoon salt  
1 teaspoon pepper

## Directions:

1. To make chimichurri sauce, combine all ingredients except steak, salt and pepper in a bowl.
2. Reserve 1 cup chimichurri in an airtight container and refrigerate until ready to use. (Bring back to room temperature before serving, about 30 minutes).
3. Place steak in a freezer bag with remaining cup chimichurri and marinate overnight or up to 24 hours.
4. Preheat grill or grill pan over medium-high heat.
5. Scrape marinade off meat and season with salt and pepper.
6. Grill steak until medium rare, 6 to 7 minutes per side.
7. Let steak rest for 5 minutes after grilling, then cut against the grain into ½ inch thick slices.
8. Serve with reserved chimichurri as a sauce.

## Tips and Tricks:

You can double or triple the sauce recipe and freeze in 1 cup increments for easy defrosting later down the line. Just defrost in the fridge overnight. This chimichurri can be used with any other cut of meat of fish or even roasted vegetables you prefer so experiment and have fun!

## Nutritional Information Per Serving:

**Calories: 516.3**  
**Fat: 39.7 g**  
**Cholesterol: 85.1 mg**  
**Sodium: 708.8 mg**  
**Total Carbohydrate: 3.6 g**  
**Dietary Fiber: 0.3 g**  
**Sugars: 0.1 g**  
**Protein: 35.2 g**