

Grilled Flank Steak with Chimichurri Sauce (FODMAP)

U.S.

Metric.

For the chimichurri sauce

1 1/4 cup	Italian Parsley, fresh, washed, picked	75g
1/2 cup	Cilantro, fresh, washed, picked	30g
4 each	Scallion, rough chopped (green section only)	4 each
1/3 cup	Garlic infused Oil (see separate recipe)	80mL
3 Tbsp	Sherry Vinegar	45mL
1/2 tsp	Red Pepper Flakes (optional)	1.5g
3/4 tsp	Cumin, ground	2g
To taste	Black Pepper, ground	To taste

For the grilled flank steak

1 lb	Flank Steak, trimmed and cleaned	455g
3 tsp	Canola oil	15mL
1/4 tsp	Kosher Salt	0.75g
To taste	Black Pepper, ground	To taste

Preparation:

1. Gather all ingredients and equipment.
2. Preheat a grill.
3. Combine all the ingredients for the chimichurri sauce in a food processor and blend until smooth.
4. Place the sauce in a bowl, cover and refrigerate until ready to use.
5. Evenly coat the flank steak with the olive oil, salt and pepper on both sides.
6. Grill the steak for at least 3 minutes on each side, longer if you prefer meats more well-done.
7. Remove the steak from the grill and allow it to rest for 5 minutes. Slice the steak against the grain and serve with 1 Tbsp of chimichurri.

Nutrition Facts

5 Servings

Serving size **3 ounces of Steak, 1 tablespoon Chimichurri**

Amount per serving

Calories **300**

Total Fat	23 g
Saturated Fat	5 g
Trans Fat	0 g
Monounsaturated Fat	14 g
Cholesterol	60 mg
Sodium	180 mg
Total Carbohydrate	4 g
Dietary Fiber	<1 g
Total Sugars	1 g
Includes 0g Added Sugars	
Protein	20 g
Vitamin D	0 %
Calcium	4 %
Iron	18 %
Potassium	400 mg
Phosphorus	195 mg
