



## Grilled Flank Steak with Chimichurri Sauce

### U.S.

*For the chimichurri sauce:*

1 1/4 cup	Italian Parsley, fresh, washed, picked	75 g
1/2 cup	Cilantro, fresh, washed, picked	30 g
1/3 cup	Olive Oil	78.2 mL
3 Tbsp	Sherry Vinegar	45 mL
2 cloves	Garlic, minced	2 cloves
1/2 tsp	Red Pepper Flakes	1.5 g
3/4 tsp	Cumin, ground	2 g
1/2 tsp	Black Pepper, ground	1.2 g

*For the grilled flank steak:*

1 lb	Flank Steak, trimmed and cleaned	455 g
3 tsp	Canola Oil	15 mL
1/8 tsp	Kosher Salt	0.75 g
1/4 tsp	Black Pepper, ground	0.6

### **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.

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### **Nutrition Facts**

<b>Serving size</b>	<b>3 oz of flank steak 1 Tbsp of chimichurri</b>
<b>Servings</b>	<b>5</b>
<b>Calories</b>	300
Calories from Fat	210
Total Fat	23 g
Saturated Fat	5 g
Trans Fat	0 g
Monounsaturated Fat	14 g
Cholesterol	60 mg
Sodium	190 mg
Carbohydrates	4 g
Dietary Fiber	1 g
Sugars	0 g
Protein	20 g
Vitamin A	60 %
Calcium	6 %
Vitamin C	60 %
Iron	20 %

Phosphorus

198 mg

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