



## Grilled Flank Steak with Chimichurri Sauce (FODMAP)

### U.S.

*For the chimichurri sauce*

1 1/4 cup	Parsley, fresh	75 g
1/2 cup	Cilantro, fresh	30 g
4 each	Scallion, rough chopped (green section only)	4 each
3 Tbsp	Garlic infused Oil (see separate recipe)	45 mL
2 Tbsp	Sherry Vinegar	30 mL
1/4 tsp	Red Pepper Flakes (optional)	0.7 g
3/4 tsp	Cumin, ground	2 g
To taste	Black Pepper, ground	To taste

*For the grilled flank steak*

1 lb	Flank Steak, trimmed and cleaned	455 g
2 tsp	Canola oil	10 mL
1/4 tsp	Salt	0.75 g
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 or until the internal temperature reads 145F using a thermometer at the thickest point longer for a medium steak.
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 on Reverse**

7/21/20

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## Nutrition Facts

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4 Servings

**Serving size** 4 oz Steak, 1 tablespoon Chimichurri

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**Amount per serving**

**Calories** 300

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<b>Total Fat</b>	21 g
Saturated Fat	5 g
Trans Fat	0 g
Monounsaturated Fat	12 g
<b>Cholesterol</b>	75 mg
<b>Sodium</b>	230 mg
<b>Total Carbohydrate</b>	5 g
Dietary Fiber	1 g
Total Sugars	2 g
Includes 0g Added Sugars	
<b>Protein</b>	25 g
Vitamin D	0 %
Calcium	5 %
Iron	22 %
Potassium	600 mg
Phosphorus	240 mg

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