



Grilled Flank Steak with Chimichurri Sauce

U.S.

For the Chimichurri Sauce:

1 cup (about 1 bunch)	Italian Parsley, fresh, washed	75 g
1/2 cup (about 1/2 bunch)	Cilantro, fresh, washed	30 g
1/3 cup	Olive Oil	78.2 mL
3 Tbsp	Sherry Vinegar	45 mL
1 clove	Garlic, minced	1 clove
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
1 Tbsp	Canola Oil	15 mL
1/4 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 on medium-high heat.
3. Combine all the ingredients for the chimichurri sauce in a food processor or blender 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 oil, salt, and pepper on both sides.
6. Grill the steak for at least 3 minutes on each side. For a medium-rare steak, the internal temperature should reach 130-135°F.
7. Remove the steak from the grill and allow it to rest for 5 minutes. Thinly slice the steak against the grain and serve 3 ounces of steak with 1 tablespoon of chimichurri.

Nutrition Facts

5 Servings

Serving size **3 ounces steak, 1 tbsp chimichurri**

Amount per serving

Calories **310**

Total Fat	24 g
Saturated Fat	5 g
Trans Fat	0 g
Monounsaturated Fat	15 g
Cholesterol	60 mg
Sodium	180 mg
Total Carbohydrate	5 g
Dietary Fiber	<1 g
Total Sugars	2 g
Includes 0g Added Sugars	
Protein	20 g
Vitamin D	0 %
Calcium	4 %
Iron	20 %
Potassium	400 mg
Phosphorus	195 mg
