

Steak with Chimichurri

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6 servings

Ingredients:

4 garlic cloves, coarsely chopped
1 medium jalapeño, seeded and coarsely chopped
 $\frac{1}{4}$ cup red onion, chopped
2 cups fresh cilantro leaves and tender stems
1 cup fresh Italian parsley leaves and tender stems
2 tablespoons fresh oregano leaves
2 tablespoons fresh mint leaves
3 tablespoons red wine vinegar
3 tablespoons fresh lime juice
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{2}$ teaspoon freshly ground black pepper
 $\frac{1}{4}$ teaspoon crushed red pepper flakes
 $\frac{3}{4}$ cup extra-virgin olive oil
2 pounds skirt steak, $\frac{1}{2}$ - $\frac{3}{4}$ inch thick, excess surface fat trimmed, cut crosswise into 4-inch pieces
1 teaspoon kosher salt
 $\frac{1}{2}$ teaspoon freshly ground black pepper



Method of Preparation:

1. In a food processor combine garlic, jalapeño, and onion and pulse until finely chopped. Add cilantro, parsley, oregano, mint, vinegar, lime juice, salt, pepper, and crushed red pepper flakes and pulse until finely chopped. Gradually add oil through the feed tube and process until well blended but some texture still remains, about one minute. Reserve $\frac{3}{4}$ cup chimichurri for the marinade. Transfer the remaining chimichurri to a small bowl for serving. Cover and refrigerate. Allow the chimichurri to stand at room temperature for 30 minutes before serving.
2. Place steak pieces in a large resealable plastic bag and pour in the $\frac{3}{4}$ cup reserved chimichurri. Press the air out of the bag and tightly seal. Turn bag and massage the chimichurri into the meat. Place bag in a bowl and refrigerate for 2-4 hours, turning and massaging occasionally. Allow steaks to stand at room temperature for 15-30 minutes before grilling.
3. Prepare the grill for direct cooking over high heat.
4. Remove steaks from the bag and season evenly with the salt and pepper. Discard chimichurri in the bag. Grill steaks over high heat, with the lid closed, until cooked to your desired doneness. Remove from grill and let rest 3-5 minutes. Cut meat across the grain into thin slices and serve warm with remaining chimichurri.

Nutritional Analysis:

Calories: 430
Carbohydrates: 2 g
Sodium: 590 mg
Protein: 32 g
Fat: 34 g
Fiber: 1 g

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