



Flank Steak with Argentinian Chimichurri Pesto Sauce

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Ingredients:

- 1lb flank steak
- 1 shallot, finely chopped
- 1 fresno chili or red jalapeno, finely chopped
- 3-4 garlic cloves, thinly sliced
- 1/4 cup red wine vinegar
- 1 tsp kosher salt plus extra
- 3/4 cup finely chopped cilantro
- 1/4 cup finely chopped flat leaf parsley
- 2 TBSP finely chopped oregano
- 1/4 cup olive oil

Note: Chop all ingredients by hand, do not puree in a food processor, so flavors of ingredients are each noticeable with each bite!

Instructions:

1. Combine shallot, chile, garlic, vinegar, and 1tsp salt in medium bowl and let sit 10 minutes.
2. Stir in cilantro, parsley, and oregano. Using a fork, whisk in oil.
3. Transfer 1/2 cup chimichurri to small bowl; season with salt and reserve as sauce.
4. Place steak in a glass dish. Toss with remaining chimichurri. Cover and chill for 3 hours to overnight.
5. Remove meat from marinade, pat dry and grill over high flame.
6. Spoon reserved chimichurri over the grilled meat.

Serves 4 (4 oz per person)

Steak: 180 calories

24g protein/9 g fat,/0 carbs

Chimichurri (2 tblsn per person)

286 calories 3g protein/29g fat/8g carb