



Simple Grass-Fed Skirt Steak with Chimichurri

Active Time: 25 minutes | **Total Time:** 25 minutes | **Serves:** 6

Nutrition Information Per Serving

330.2 calories, 1.26 g carbohydrate, 0.43 g fiber, 0.83 g NET carbs, 22.88 g protein, 26.19 g fat

Ingredients

- 3 clove(s) organic garlic
- 1/3 cup(s) organic extra virgin olive oil
- 1 bunch(es) organic Italian parsley
- 3 Tbsp(s) organic red wine vinegar
- 2 tsp(s) fresh organic oregano
- 24 ounce(s) grass-fed skirt steak
- 1 tsp sea salt

Preparation

1. Heat a grill or grill pan to medium-high heat.
2. Combine parsley (with stems), oregano, and garlic in processor or Magic Bullet; blend 10 seconds. Add oil, and vinegar; blend until almost smooth. Season dressing with half the salt.
3. Brush grill with oil. Sprinkle steak on both sides with remaining salt. Grill steak to desired doneness, about 5 minutes per side for medium-rare.
4. Transfer steak to work surface; tent with foil and let rest 5 minutes.
5. Thinly slice steak across grain on slight diagonal. Drizzle with chimichurri.
6. Serve.

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