



Chimichurri Flank Steak with Grilled Radicchio and Onions



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoon basil leaves coarsely chopped
- ☐ 0.5 teaspoon coarse salt
- ☐ 2 teaspoon pepper red crushed to taste ()
- ☐ 1.5 pound flank steak
- ☐ 4 clove garlic cloves minced peeled
- ☐ 0.3 teaspoon ground pepper fresh black
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 0.5 cup mint leaves coarsely chopped
- ☐ 4 servings olive oil extra-virgin
- ☐ 0.3 cup oregano leaves
- ☐ 0.5 cup parsley coarsely chopped
- ☐ 0.3 cup sherry wine vinegar
- ☐ 4 servings more sherry wine vinegar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ grill pan
- ☐ cutting board

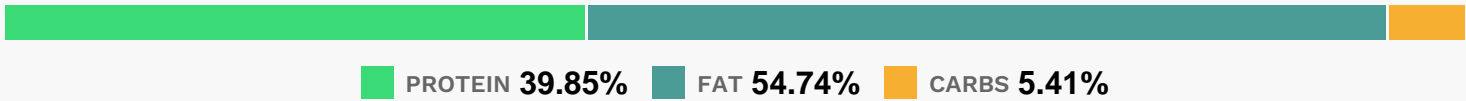
Directions

- ☐ ½ lb flank steak about 1 inch thick
- ☐ In the bowl of a food processor, add mint, parsley, oregano, basil, along with the olive oil, sherry wine vinegar. Pulse until well blended but do not puree.
- ☐ Add ¼ teaspoon of the black pepper, ½ teaspoon of salt, minced garlic, minced shallots and the crushed red pepper. Pulse one or two times until the mixture is just combined. Set aside 1 cup of the chimichurri in a non-reactive bowl, cover with plastic wrap and reserve at room temperature for up to 6 hours. (If cooking steak on another day, refrigerate sauce for up to 3 days. Bring it back to room temperature before serving.) Season the steak with 1 teaspoon of the kosher salt on each side, as well as ¼ teaspoon of the black pepper per side and place in a large, re-sealable plastic bag.
- ☐ Add the remaining chimichurri. Seal bag and refrigerate the steak for at least 2 hours and up to 4 hours. Preheat a grill pan to medium heat. Once the steak has been marinated, remove it from the refrigerator and let it come to room temperature for 30 minutes. Wipe the chimichurri sauce off the steak and discard the sauce.
- ☐ Put the steak onto the hot grill pan. For a steak that is about 1 inch thick, cook it for 6 minutes on the first side. Then flip it over and continue to cook until the steak is done, about 4

minutes more for the rarer side of medium-rare. When cooked to your liking move the steak on a cutting board. Allow it to rest for 6 to 8 minutes. This is very important. When ready to serve cut the steak across the grain on the diagonal and fan the slices out over a serving platter. Spoon some chimichurri over the meat and serve with the remaining sauce at the table, along with crusty bread, the grilled radicchio and onions.

- ☐ Cut the steak across the grain on the diagonal and fan the slices out on a platter. Spoon some chimichurri over the meat and serve with the remaining sauce at the table. GRILLED RADICCHIO and ONIONS Preheat a grill pan over medium-high heat.
- ☐ Cut the radicchio into quarters taking care to leave the root end intact so that the quarters stay together.
- ☐ Brush olive oil liberally onto all sides of the vegetables.
- ☐ Sprinkle with plenty of coarse salt and pepper. Also coat the onion slices with oil, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:0.43, Inflammation Score:-10, Nutrition Score:26.906086838764%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 16.48mg, Apigenin: 16.48mg, Apigenin: 16.48mg, Apigenin: 16.48mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 383.25kcal (19.16%), Fat: 22.92g (35.26%), Saturated Fat: 5.56g (34.76%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.29g (0.33%), Cholesterol: 102.06mg (34.02%), Sodium: 406.4mg (17.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.54g (75.09%), Vitamin K: 157.75µg (150.23%), Selenium: 50.97µg (72.81%), Vitamin B6: 1.13mg (56.74%), Vitamin B3: 11.07mg (55.37%), Zinc: 6.83mg (45.56%), Phosphorus: 366.59mg (36.66%), Iron: 4.92mg (27.35%), Vitamin B12: 1.55µg (25.8%), Vitamin A: 1272.53IU (25.45%), Vitamin E: 3.51mg (23.38%), Potassium: 736.83mg (21.05%), Manganese: 0.36mg (18.19%), Vitamin C: 13.06mg (15.82%), Vitamin B2: 0.25mg (14.57%), Magnesium: 57.84mg (14.46%), Calcium: 120.66mg (12.07%), Folate: 48.12µg (12.03%), Vitamin B5: 1.18mg (11.8%), Copper: 0.2mg (10.04%), Vitamin B1: 0.15mg (9.86%), Fiber: 2.46g (9.83%)