Cook the Book:Cumin-Rubbed Flank Steak with Chimchurri Sauce

Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	8	177 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 1 crusty baguette sliced
- [ ] 0.5 teaspoon cumin seeds
- [ ] 2 cups curly-leaf parsley fresh loosely packed chopped
- [ ] 1 flank steak
- [ ] 8 servings fleur del sel
- [ ] 3 cloves garlic
- [ ] 1 teaspoon sea salt

- [ ] 8 servings sauce
- [ ] 1 teaspoon kosher salt
- [ ] 3 tablespoons juice of lemon fresh
- [ ] 0.8 cup olive oil
- [ ] 0.5 teaspoon pepper freshly ground
- [ ] 0.5 teaspoon pepper red
- [ ] 3 tablespoons sherry vinegar
- [ ] 8 servings big daddy's taco rub
- [ ] 2 tablespoons shallots minced
- [ ] 0.5 teaspoon paprika smoked

Equipment

- [ ] food processor
- [ ] bowl
- [ ] paper towels
- [ ] blender
- [ ] grill
- [ ] kitchen thermometer
- [ ] tongs

Directions

- [ ] In a small bowl, mix the rub ingredients until well combined. Set aside.
- [ ] Pat the steak dry with paper towels. Trim it of any surface fat.
- [ ] Brush it lightly with olive oil. Press the rub into both sides of the steak.
- [ ] Build a charcoal fire or preheat a gas grill.
- [ ] Meanwhile, make the Chimichurri Sauce: Put all the ingredients in a blender or food processor and pulse until well chopped hut not pureed.
- [ ] Just before grilling, season the steak with salt.

- [ ] Place the meat on the cooking grate over direct medium heat, cover, and scar. Cook for 4 to 6 minutes. Turn the steak with a pair of tongs and sear the second side. Continue grilling 3 to 5 more minutes for medium-rare. Use the A-OK method or an instant-read thermometer to test the meat.
- [ ] Remove the steak from the grill and put it on a clean platter to rest for 5 to 10 minutes before carving. While the meat rests, spread the baguette slices with Chimichurri Sauce and set aside.
- [ ] Cut the steak across the grain into thin diagonal slices.
- [ ] Place a slice on each piece of bread spread with the Chimichurri Sauce and sprinkle with a pinch of fleur de sel.
- [ ] Serve hot or warm.

Nutrition Facts

PROTEIN **22.48%** FAT **33.92%** CARBS **43.6%**

Properties

Glycemic Index:27.59, Glycemic Load:10.7, Inflammation Score:-8, Nutrition Score:15.56521740167%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 176.71kcal (8.84%), Fat: 6.68g (10.27%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 17.65g (6.42%), Sugar: 2.27g (2.52%), Cholesterol: 16.95mg (5.65%), Sodium: 717.19mg (31.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.91%), Vitamin K: 266.31µg (253.63%), Vitamin A: 1417.68IU (28.35%), Vitamin C: 22.96mg (27.83%), Selenium: 14.2µg (20.29%), Iron: 3.42mg (19%), Manganese: 0.37mg (18.39%), Vitamin B3: 3.49mg (17.44%), Folate: 64.99µg (16.25%), Vitamin B1: 0.23mg (15.25%), Vitamin B6: 0.28mg (14.04%), Zinc: 1.61mg (10.74%), Phosphorus: 106.14mg (10.61%), Vitamin B2: 0.16mg (9.28%), Calcium: 86.05mg (8.61%), Potassium: 266.51mg (7.61%), Magnesium: 29.07mg (7.27%), Vitamin E: 1mg (6.65%), Fiber: 1.66g (6.65%), Copper: 0.11mg (5.6%), Vitamin B12: 0.26µg (4.28%), Vitamin B5: 0.39mg (3.86%)