



Grass-Fed Steaks with Kalamata-Olive Chimichurri



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 1 teaspoon kosher salt
- ☐ 1 bay leaf fresh
- ☐ 4 garlic clove pressed thinly sliced
- ☐ 2 tablespoons kalamata olives pitted finely chopped
- ☐ 3 tablespoons olive oil fruity divided
- ☐ 2 teaspoons paprika

- ☐ 0.3 cup parsley fresh italian finely chopped
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 cup shallots finely chopped
- ☐ 28 ounce fat-trimmed beef flank steak 2-inch-thick grass-fed
- ☐ 1 tablespoons water

Equipment

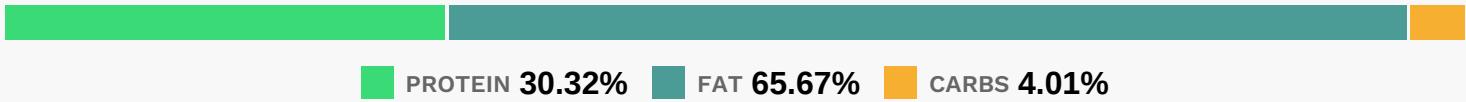
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat 2 tablespoons oil in heavy medium skillet over medium heat.
- ☐ Add sliced garlic, red pepper, and bay leaf. Stir until fragrant, about 1 minute.
- ☐ Add shallots and sauté until just translucent, about 2 minutes.
- ☐ Remove from heat; stir in parsley, olives, and vinegar.
- ☐ Add 1 tablespoon water.
- ☐ Add more water by teaspoonfuls to thin as needed. Season chimichurri with salt and pepper.
DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Rub steaks with 1 tablespoon oil and pressed garlic.
- ☐ Sprinkle both sides of each steak with 1/2 teaspoon paprika, 1/4 teaspoon coarse salt, cayenne, and generous amount of black pepper.
- ☐ Let stand at room temperature 30 minutes or up to 2 hours.
- ☐ Preheat oven to 400°F.
- ☐ Brush heavy very large oven-proof skillet (preferably cast-iron) with oil.
- ☐ Heat over high heat until almost smoking.
- ☐ Add steaks. Cook until browned, about 5 minutes. Turn steaks and transfer skillet to oven. Roast until instant-read thermometer inserted horizontally into steaks registers 110°F to 115°F for rare, about 10 minutes.

Let steaks rest 5 minutes.Thinly slice crosswise. Spoonchimichurri over.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:16.368260730868%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 357.65kcal (17.88%), Fat: 26.27g (40.42%), Saturated Fat: 9.37g (58.55%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 2.68g (0.98%), Sugar: 1.17g (1.3%), Cholesterol: 80.7mg (26.9%), Sodium: 503.81mg (21.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.29g (54.59%), Selenium: 32.82µg (46.88%), Zinc: 6.93mg (46.19%), Vitamin K: 48.07µg (45.78%), Vitamin B12: 2.2µg (36.6%), Vitamin B3: 6.64mg (33.2%), Vitamin B6: 0.62mg (30.97%), Phosphorus: 206.02mg (20.6%), Vitamin B2: 0.33mg (19.62%), Iron: 2.87mg (15.94%), Potassium: 442.14mg (12.63%), Vitamin A: 630.4IU (12.61%), Vitamin E: 1.39mg (9.24%), Vitamin B1: 0.13mg (8.91%), Magnesium: 34.28mg (8.57%), Copper: 0.13mg (6.74%), Vitamin C: 5.1mg (6.19%), Manganese: 0.09mg (4.71%), Fiber: 0.92g (3.69%), Folate: 12.85µg (3.21%), Calcium: 25.33mg (2.53%)