



Grilled Gaucho Steak with Chimichurri Sauce

READY IN



33 min.

SERVINGS



8

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 pound cheese blue
- ☐ 1 bunch flat-leaf parsley fresh finely chopped
- ☐ 6 cloves garlic minced
- ☐ 0.3 cup olive oil extra-virgin for brushing
- ☐ 1.5 cups olive oil extra-virgin
- ☐ 1 tablespoon oregano leaves fresh finely chopped
- ☐ 8 pita breads fresh

- ☐ 3 onions red peeled sliced
- ☐ 0.5 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons salt
- ☐ 3 pounds skirt steak
- ☐ 1 tablespoon paprika smoked
- ☐ 1.5 teaspoons paprika smoked
- ☐ 4 vine-ripened tomatoes
- ☐ 1 cup warm water

Equipment

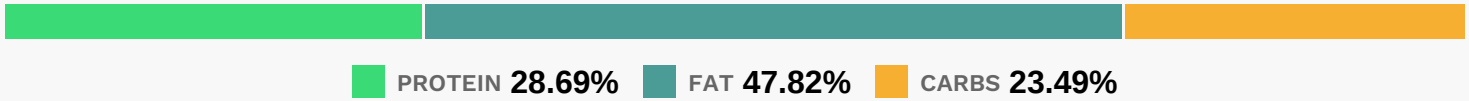
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ grill

Directions

- ☐ Prepare a medium-hot fire in the grill.
- ☐ Lightly brush the onion slices with olive oil.
- ☐ Place on the grill and cook about 6 to 8 minutes.
- ☐ Transfer to a platter and reserve.
- ☐ Place the steaks on the grill. Baste a couple of times with Chili Water and cook until done, about 4 to 6 minutes on each side.
- ☐ Transfer to a platter.
- ☐ Lightly brush the pita bread with olive oil and grill for 1 minute to heat through.
- ☐ Slice the tomatoes into 1/4-inch slices and then cut the slices in half.
- ☐ Lay out the pita bread on 2 sheet pans and crumble the blue cheese on top.
- ☐ Transfer to the oven to keep warm. Slice the meat lengthwise into 1/2-inch slices and put into a bowl. Toss the meat with 1/2 cup Chimichurri Sauce.

- ☐
- Remove the pita from the oven and divide the meat between them.
- ☐
- Place the sliced tomatoes on the side of the meat and top all with rings of grilled onion. Spoon the remaining 1 teaspoon of Chimichurri Sauce over top and serve.
- ☐
- Mix all ingredients together.;
- ☐
- Place the parsley, bay leaves, garlic, paprika, oregano, vinegar, olive oil, salt, and pepper in a food processor. Pulse until combined.
- ☐
- Put the sauce in a glass or plastic container, using as needed. Chimichurri will last for up to 1 month, refrigerated. Makes 2 1/2 cups.;

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:31.06, Inflammation Score:-9, Nutrition Score:35.634347791257%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 15.4mg, Apigenin: 15.4mg, Apigenin: 15.4mg, Apigenin: 15.4mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg

Nutrients (% of daily need)

Calories: 687.5kcal (34.37%), Fat: 36.69g (56.44%), Saturated Fat: 12.23g (76.45%), Carbohydrates: 40.54g (13.51%), Net Carbohydrates: 36.85g (13.4%), Sugar: 3.75g (4.16%), Cholesterol: 128.42mg (42.81%), Sodium: 2786.34mg (121.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.52g (99.05%), Vitamin K: 139.18µg (132.55%), Zinc: 12.54mg (83.61%), Vitamin B12: 3.97µg (66.15%), Selenium: 42.18µg (60.26%), Vitamin B3: 11.82mg (59.1%), Vitamin B6: 0.97mg (48.66%), Phosphorus: 466.55mg (46.66%), Vitamin B2: 0.76mg (44.6%), Vitamin A: 1971.98IU (39.44%), Manganese: 0.67mg (33.33%), Iron: 5.28mg (29.35%), Potassium: 935.5mg (26.73%), Vitamin C: 21.77mg (26.39%), Calcium: 254.39mg (25.44%), Vitamin E: 3.25mg (21.69%), Vitamin B1: 0.32mg (21.17%), Magnesium: 78.62mg (19.65%), Vitamin B5: 1.89mg (18.85%), Copper: 0.34mg (16.94%), Fiber: 3.69g (14.77%), Folate: 58.87µg (14.72%), Vitamin D: 0.31µg (2.08%)