



# GRILLED FLANK STEAK WITH CHIMICHURRI

## ingredients:

- |                                |   |
|--------------------------------|---|
| 1 bunch flat leaf parsley      | 1 teaspoon dried oregano                  |
| 8 cloves garlic, minced        | 1/2 teaspoon red pepper flakes (optional) |
| 1/2 cup extra virgin olive oil | 1 teaspoon black pepper                   |
| 1/4 cup red wine vinegar       | 1/2 teaspoon salt                         |
| Juice of 1 lemon               | 2 pounds flank steak                      |
| 1 Tablespoon diced red onion   |   |

## directions:

1. Pulse parsley in a food processor and transfer to medium-sized bowl.
2. Add garlic, olive oil, red wine vinegar, lemon juice, red onions, oregano, red pepper flakes (optional), black pepper and salt. Mix thoroughly.
3. Score the steak by making shallow slashes, about 1 inch apart, diagonally across the grain. Place the steak in a shallow glass baking dish.
4. Cover and refrigerate 1/4 cup of the marinade mixture until ready for serving; pour the rest over the steak. Cover and chill 6-8 hours, turning at least once.
5. Preheat gas grill or prepare charcoal. Remove meat from glass pan and discard its marinade.
6. Grill meat on medium-high heat for 5-7 minutes on each side or to desired doneness. Let rest for 5-10 minutes.
7. To serve, cut thin slices diagonally across the grain and top with the remaining 1/4 cup of mixture.

Yield: 8 servings

## Nutrition Information Per Serving:

303 Calories  
13 grams Fat  
4 grams Saturated Fat  
44 mg Cholesterol  
113 mg Sodium  
1 gram Carbohydrates  
0.5 grams Fiber  
32 grams Protein

Food exchange:  
4 protein



**HENRY FORD  
LIVEWELL**

in partnership with



For a demo of this LiveWell recipe, and for more wellness information, visit [HenryFordLiveWell.com](http://HenryFordLiveWell.com).