

# Quick Skirt Steak with Chimichurri

By Jillian Teta

This is an Argentine-inspired dish. It is quick and delicious and very clean. You can easily enough make your own fresh chimichurri sauce (which is a tangy vinegar based sauce that can also double as a marinade for other meats), or you can buy a pre-made one at most grocery stores. I'll tell you it is worth it to make your own for the incredible flavor you can get from the fresh herbs in minimal time, but if you don't have the items on hand, I understand! 😊

## Steak

- 1 ½ lbs skirt steak, rinsed, patted dry and cut in half length-wise.
- Pinch of sea salt (optional)
- Black pepper to taste
- Garlic Powder to taste
- Spray olive oil

Sprinkle your steaks on both sides with salt, pepper and garlic powder. You have several options here on how to cook the steak. You may cook it over hot coals, in a grill pan or in a large frying pan/skillet on the stove. For any type of stovetop pan, bring it up to medium-high heat. Spray with olive oil spray and add steak. Cook 3-4 minutes each side. Remove from heat, place on a platter and let rest for ten minutes before slicing. On the grill, cook for 3-4 minutes each side and allow to rest before slicing.

Either ahead of time or while your steaks cook and rest, prepare the chimichurri sauce:

## Chimichurri

- 1/2 cup red wine vinegar
- ¾ tsp sea salt
- 3-4 garlic cloves, thinly sliced or minced
- 1 shallot, finely chopped
- 1 jalapeño, finely chopped
- 2 cups minced fresh cilantro
- 1 cup minced fresh flat-leaf parsley
- 1/3 cup finely chopped fresh oregano
- ¼ tsp. dried oregano
- ¾ cup extra-virgin olive oil

Mix vinegar, salt, garlic, shallot, and chile in a medium bowl. To let the flavors really mesh, let stand for 10 minutes. If you are in a rush, skip the wait and stir in cilantro, parsley, and oregano. Lastly, whisk in oil. Makes 2 cups

## **Chimichurri Nutrition**

Per Tablespoon

Calories: 55

Fat: 6g

Carbohydrates: 0.5g

Fiber: 0.1g

Sugar: 0.1g

Carbs: 0.4g

Protein: 0.1g

Sodium: 28mg