



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### CHIMICHURRI STRIPS

**Time: 20 minutes**

**Serves: 4**

#### **Ingredients:**

4 – six ounce New York strip steaks  
¾ teaspoon kosher salt  
⅜ teaspoon fresh ground black pepper  
½ cup packed parsley leaves – finely chopped  
1 teaspoon dried oregano  
¼ teaspoon crushed red pepper flakes  
2 cloves garlic – very finely chopped or crushed  
¼ cup extra virgin olive oil  
1 teaspoon wine vinegar

#### **Preparation:**

Preheat your barbecue grill on high.

Sprinkle both sides of the steaks with ½ teaspoon of salt and ¼ teaspoon of black pepper.

Combine the remaining ¼ teaspoon of salt, ⅜ teaspoon of pepper and all other ingredients in a suitable bowl and stir well.

Place the steaks on the grill and cook for approximately four minutes then turn over and cook for an additional four minutes. This time will vary depending on your grill and how you prefer your steak cooked. Using an instant-read thermometer, let the steaks reach 120F for rare and 140F for medium. If you prefer your steak more cooked than this, use a less expensive cut of meat as the difference in quality will be negated by the excessive cooking.

Remove the steaks from the grill and let rest for five minutes before serving topped with the chimichurri.

#### **Nutritional Information Per Serving:**

Calories: 413  
Fat: 22g  
Carbs: 0.5g  
Fibre: 0.2g  
Protein: 50g