

# SKIRT STEAK WITH CHUMICHURRI

**Time: 30 minutes**

**Serves: 4**

### Ingredients:

For the chimichurri:

50g extra-virgin olive oil  
25g Italian parsley leaves (one bunch)  
10g red wine vinegar  
2 cloves garlic  
3g salt  
0.5g fresh ground black pepper  
0.5g red chili flakes

For the steak:

1kg skirt steak  
12g kosher salt

### Preparation:

Place the chimichurri ingredients in a small food processor and pulse until the mixture is finely chopped. Do not puree. Set aside.

Preheat your grill to medium-high.

Sprinkle the salt evenly on both sides of the steak.

Grill the steak on direct heat, turning only once (approximately four minutes per side), until it reaches 55C. Remove from heat.

Slice the steak across the grain and serve topped with the chimichurri.

### Nutritional Information Per Serving:

Calories: 733 Fat: 49.8g Carbs: 0.4g Fibre: 0.2g Protein: 67g	<b>Hand-Size Portion Guide</b> Palms of Protein: 3 Fists of Vegetables: 0 Cupped Hands of Carbs: 0 Thumbs of fat: 3
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