Steak with Chimichurri
a pop of flavour

This simple, delicious steak is seared to perfection and topped with a fresh chimichurri sauce. It's a versatile meal, perfect for chicken or fish as well! Serve with a crisp salad on the side to balance out the bold flavours. The sauce can be made ahead and stored, making it a quick fix for multiple meals throughout the week.

Prep Time: 10 minutes. Cook Time (Steak): 5-8 minutes.

Ingredients (Chimichurri):

- 4 tablespoons red wine vinegar
- 2 tablespoons water
- ½ cup parsley, finely chopped
- ½ cup coriander, finely chopped
- 2 cloves garlic, minced
- 1 red chilli, deseeded and finely chopped
- ¾ teaspoon dried oregano
- 1 teaspoon coarse salt
- ½ teaspoon pepper

Ingredients (Steak):

- 100g steak (beef fillet, sirloin, or your choice)
- Salt and pepper to taste

Method:

Chimichurri Sauce:

1. In a bowl, mix the red wine vinegar, water, parsley, coriander, garlic, chilli, oregano, salt, and pepper. ▶

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2. Let the sauce sit for 5-10 minutes to allow the flavours to meld. For the best results, let it rest for 2 hours.
3. If desired, prepare enough chimichurri for several meals; the sauce will last up to 48 hours when refrigerated.

Steak:

1. Season the steak generously with salt and pepper.
2. Heat a pan or grill (braai) until hot and sear the steak for 2 minutes on each side for medium-rare, or adjust to your preferred doneness.
3. Let the steak rest for 3 minutes before serving.

Serving:

- Spoon a few tablespoons of chimichurri over the cooked steak, or use it as a baste while grilling.

- Serve with a crisp side salad or roasted vegetables to balance the richness of the steak.

Chef's Tip
Make the Most of Chimichurri

- **Storage:**

  Chimichurri is best used within 48 hours but can be refrigerated for up to 72 hours.
  It pairs well with chicken, steak, or fish, making it versatile for different meals throughout the week.

- **Bulk Cooking:**

  Make enough sauce for 3 dishes and vary your protein each time, keeping mealtime fresh and exciting!

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