

## GRILLED STEAK



When accompanied by the delicious tang of chimichurri sauce, all this steak needs is to be seasoned with salt and pepper and grilled to the desired doneness.

### — ingredients —

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Accompaniment: **chimichurri sauce**

### — preparation —

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Prepare grill. Pat steaks dry and season generously with salt and pepper. Grill steaks on a well-oiled rack set 5 to 6 inches over glowing coals 4 minutes each side for medium-rare. Transfer steaks as cooked to a platter and let stand 10 minutes.

Serve steaks with chimichurri sauce.

Serves 8

## CHIMICHURRI SAUCE

This Argentinian sauce is served with both grilled meats and fish. Its spice and herbal flavours go well with the smokiness imparted by the grill, and the vinegar's bite cuts through the richness of steak.

This recipe can be prepared in 45 minutes or less.

### — ingredients —

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- 3 large bunches fresh flat-leafed parsley
- 5 large garlic cloves
- 3/4 cup extra-virgin olive oil
- 1/2 cup distilled white vinegar

### — preparation —

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Remove enough leaves from parsley to measure 4 packed cups and in a food processor purée with remaining ingredients.

Sauce may be made 1 day ahead and chilled, covered. Makes about 2 cups.

For more delicious grill recipes, visit our [EnerSmart Magazine website](#).