



# Balsamic Flank Steak with Chimichurri



prep time  
15 minutes



total time  
30 minutes  
does not include marinate time



servings  
2-4

## Ingredients

### Steak:

- 1 ¼ – 1 ½ lbs./563 - 675 grams Flank steak ~18 to 21 servings protein
- Vinaigrette: ½ cup avocado oil + 3 Tbsp. balsamic vinegar + ¼ tsp. salt + ¼ tsp. Pepper ~ 5 servings fat
- 1 tsp. black pepper

### Chimichurri Sauce:

- 1 cup fresh parsley
- 1 large clove garlic
- 3 Tbsp. avocado oil (may substitute olive oil) ~ 3 servings fat
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- Juice of ½ lemon
- Pinch of red pepper flakes (optional)

## Instructions

- 1 Place flank steak in a large zip-top bag. Add vinaigrette. Seal bag and gently massage steak to coat. Place in the refrigerator to marinate for up to 24 hours, flipping the bag once or twice during the process (if possible).
- 2 When ready to prepare steak, remove from bag from the fridge and allow it to sit at room temperature for 20 minutes while the grill preheats.
- 3 Preheat grill to high heat (400-450°F)
- 4 Remove steak from bag and place on a clean plate. Sprinkle both sides with black pepper.



- 5 When the grill is hot, remove the steak from the bag and discard the marinade. Place on a grill grate over direct heat. Grill 5-6 minutes then flip steak and grill an additional 5-6 minutes or until desired degree of doneness. Note: Flank steak is best served medium-rare.
- 6 Remove steak to a clean plate and allow to rest for 5 minutes before slicing diagonally across the grain.

Whole Recipe Serving Breakdown:  
18 to 21 servings protein  
0 servings carb  
8 servings fat\*  
0 servings veggies

\*This is the amount of fat that goes into preparing the meat, but you may not actually consume it all since some of it is in the marinade.