

Grilled Flank Steak with Avocado Chimichurri – 4 Servings

- Recipe from *The Holistic Trick Culinary Services*

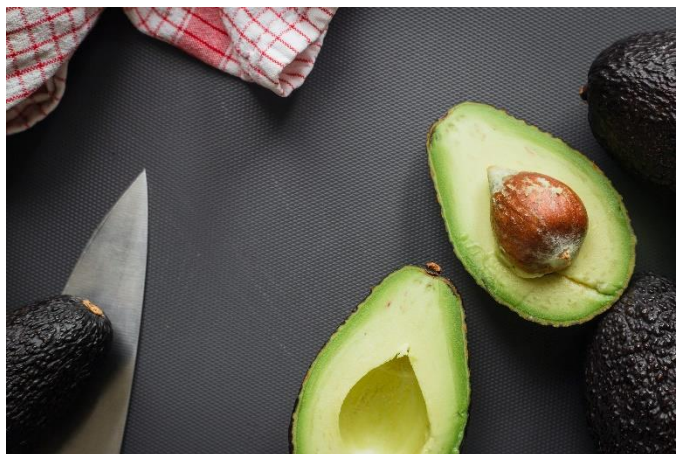
- 2 pounds Meatworks Flank Steak
- 2 tsp teaspoon olive oil
- 1.5 teaspoons salt
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon black pepper

1. Place steak on a few paper towels to dry off any blood/liquid. You want your steak/any protein as dry as possible before you sear. Caramelization can only happen in the absence of water.
2. Place your steak in a medium bowl and add the oil + dry rub ingredients and rubbed onto whole steak. Feel free to add a touch of cumin or coriander for an even more Mexican flavor profile. Let this sit for about 15-20 minutes at room temperature so the meat can season through and come to room temperature. This helps caramelization occur and helps the steak cook a faster/more evenly.
3. Heat a grill or cast-iron skillet over medium-high heat while you wait. You could work on your chimichurri in the mean time on a clean, sanitized surface.
4. Once your steak has marinated and your grill is hot, add the steak to the grill.
5. If you're using a cast iron skillet, turn it down to medium heat once it has heated almost to the point of smoking. Add a tablespoons of high heat oil to your cast iron skillet before you add your steak. You want your pan or grill very hot to start and turn it down slightly once the meat hits the pan. *Be sure to turn on your fan or exhaust and brace for fire alarms if you cook this inside with poor kitchen ventilation.*
6. Grill or pan-fry for about 2-4 minutes, until one side becomes crusty and caramelized, then flip and cook for another 2-4 minutes. It is best to temp this with a meat thermometer for doneness. A nice medium rare is 135 F, which is what I go for.
7. Once you hit your temp in the thickest part, turn off your heat and let the steak rest for about 5 minutes on a cutting board.
8. Once rested, cut against the meats grain thinly and serve with avocado chimichurri spooned right on top. Serve with greens, a grain and/or veggie side.



Avocado Chimichurri – 4 Servings

- 1 ounce, or ½ bunch fresh cilantro, *rough stems removed*
- 3 ounces or 1 bunch parsley, *de-stemmed*
- 1 peeled garlic clove
- 1/2 serrano pepper, *de-seeded*
- 2 tablespoons red wine vinegar
- 3 tablespoons extra virgin olive oil
- ½-1 whole lime, *juiced + zested if you have a zester*
- 1/8 teaspoon red pepper flake
- 1/4 teaspoon salt
- pinch black pepper
- 1 avocado



1. I like to make this in a food processor but you can use a good old-fashioned knife.
2. Finely mince your fresh garlic & serrano (omit if you can't do spicy) with a knife or add them to the bottom of your food processor before your herbs go in, so they get finely minced as your herbs are being pulsed.
3. Destem and chop your fresh herbs finely. You want them finely minced but still fluffy for some texture. You can also pulse the herbs in a half-full food processor until they are finely chopped and still a bit fluffy. Add these ingredients to a small bowl.
4. Add your vinegar, olive oil, lime juice (and zest if you have a zester), red pepper flake (omit if you can't do any spice), salt, and pepper. Whisk or stir this together until it forms a light emulsion.
5. I like to small dice the avocado and add it to the herby vinaigrette. Softly raking it through with a fork just to coat it in the herbs and oil. This make a chunkier avocado chimichurri.
6. You could also simply throw all these ingredients in a food processor and blend it until its smooth to make more of a fresh pesto or spread, but I enjoy the rough texture and small bites of avocado in contrast with the thinly sliced steak. Taste before you serve and adjust seasoning as needed.