

# Be Your Own Chef!

## **Grilled Sirloin Steak with Chimichurri Sauce**

From Food Network Kitchens

Difficulty: Easy

Prep Time: 25 minutes

Inactive Prep Time: 25 minutes

Cook Time: 25 minutes

Yield: 4 (5-ounce) steak servings; 1 1/4 cup sauce

### Smoky Chimichurri Sauce:

1/2 cup extra virgin olive oil	1/4 teaspoon smoked hot paprika
2 cups lightly packed parsley leaves	2 tablespoons fresh oregano leaves
1/4 cup chopped red onion	1 clove garlic
1/4 teaspoon chili pepper flakes	6 tablespoons red wine vinegar
1 teaspoon coarse salt	

### Steak:

1 1/2 pounds sirloin steak

(Available from Capital Meats, Incorporated at [www.capitalmeats.com](http://www.capitalmeats.com))

2 teaspoons olive oil      1 1/4 inches thick      Salt and ground black pepper

**For Sauce:** In a small skillet set over medium-high heat, heat oil and paprika until oil shimmers and paprika is fragrant, about 2 to 3 minutes. Remove skillet from heat and let cool.

In the bowl of a food processor, combine parsley, oregano, red onion, garlic, and chili pepper flakes. Pulse to chop. Add vinegar and salt; pulse, and slowly drizzle in cooled oil with machine running. Chop until sauce is emulsified and chunky.

**For Steak:** Heat the olive oil in a well-seasoned cast iron skillet over medium-high heat. Season steak season well with salt and pepper. Place steak in skillet on the fatty edge and cook until the fat has rendered into the pan and the edge is brown, about 3 minutes. Turn and cook the other edge for 2 minutes. Now cook the wide sides of the steak until nicely browned, about 6 minutes per side for medium-rare. Remove from skillet and let rest 10 minutes.

Slice steak thinly, and serve with Chimichurri sauce.

**Note:** Although the chimichurri can be refrigerated for a day, the sauce is best made just before eating, as the acid in the marinade will turn the parsley army-green if it sits for more than a few hours.

Copyright 2005 Television Food Network, G.P. All rights reserved.

Capital Meats products may not match size and weight requirements of recipes. Pay close attention to portions when trying this recipe.

**CAPITAL  
MEATS  
INCORPORATED**



SINCE 1997

*Celebrating 10 Years of Excellence!*

**Try this recipe with  
CMI's USDA Choice  
Sirloin Strip Steaks**

**Order Online at  
[www.capitalmeats.com](http://www.capitalmeats.com)**



For more great recipes, check out  
[www.foodnetwork.com](http://www.foodnetwork.com)

FOODNETWORK.COM