LATIN AMERICAN · DINNER

Grilled Skirt Steak with Chimichurri

25 min · Serves 6 · 379 kcal a serve · Video 5:39 · Downshiftology

Gluten-free ingredients · Dairy-free · Nut-free

Beef with an olive-oil and herb sauce: about 23 g protein and roughly 1 g net carbs a serve, rich in zinc and vitamin B12, with mostly monounsaturated fat from the olive oil.

Diet notes: Keto (1 g net carbs a serve).

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Ingredients 13 · SERVES 6

- [ ] 30 g finely chopped **flat-leaf parsley**
- [ ] 1 tbsp finely chopped **fresh oregano** (or 1 tsp dried)
- [ ] 1 tbsp finely chopped **fresh red chilli**, seeded (or 1/2 tsp chilli flakes)
- [ ] 3–4 **garlic** cloves, finely chopped by hand
- [ ] 120 ml **extra-virgin olive oil**
- [ ] 2 tbsp **red wine vinegar**
- [ ] 1/2 tsp **kosher salt**, for the sauce
- [ ] a pinch of **black pepper**, for the sauce
- [ ] 680 g **skirt steak**
- [ ] 1 tbsp **kosher salt**, for the steak
- [ ] 1 tsp **freshly ground black pepper**
- [ ] a little **avocado oil**, for the grill
- [ ] a few **parsley leaves**, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the chimichurri: chop the parsley, oregano, chilli and garlic finely by hand so the pieces stay distinct, then stir in the olive oil, vinegar, salt and pepper. Set aside to let the flavours meld. 1:00
2. Bring the skirt steak to room temperature, pat it dry and season both sides generously with salt and pepper. 3:04
3. Heat a grill or grill pan to medium-high and brush it with a little avocado oil. Grill the steak 3–4 minutes a side for medium, pressing it down for good contact. 3:45
4. Rest the steak a few minutes on a board, then slice thinly against the grain. 4:14
5. Arrange the slices on a platter, spoon plenty of chimichurri over the top and finish with a few parsley leaves. 4:34

> **Tip** Flank steak works the same way. The chimichurri is even better made an hour ahead; leftovers keep 3 days in the fridge. Use the sauce on chicken or fish too.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
379 kcal	**23 g**	**1.3 g**	**0.4 g**	**31 g**	**890 mg**
1,590 kJ	47% of a day	1 g net · 0.1 g sugars 0% of a day	1% of a day	7.3 g saturated 39% of a day	39% of a day

Energy from net carbs 1% · protein 25% · fat 74% — fits keto: 1 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Vitamin K 95% · Vitamin B12 53% · Selenium 47% · Zinc 42% · Vitamin B6 32% · Vitamin E 21%

Source of (10–19%) Iron 12% · Omega-3 12% · Vitamin C 11%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=9FrUyitozKs, published 20 July 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/skirt-steak-chimichurri-downshiftology