

Chimichurri-Marinated Strip Filets

A homemade Chimichurri sauce is used as a marinade for Strip Steaks.



INGREDIENTS

- 4 beef Strip Filets, cut 1 inch thick (about 4 to 6 ounces each)
- 2 cloves garlic
- 1/2 cup packed fresh cilantro
- 1/2 cup packed fresh parsley
- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon freshly grated lemon peel
- 1/4 teaspoon crushed red pepper

40 Min 4 42 Cal 25g
 Servings Protein

COOKING

1. Prepare Chimichurri Sauce. Place garlic in food processor container. Cover; process until finely chopped. Add remaining sauce ingredients. Cover; process until well blended. Remove and refrigerate 1/4 cup sauce for serving. Place beef Strip Filets and remaining sauce in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Remove filets from marinade; discard marinade. Pat steaks dry with paper towels. Place filets on grid over medium, ash-covered coals. Grill, covered, 11 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Serve filets with reserved Chimichurri Sauce.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		14g	73mg		1g	25g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com