

CHIMICHURRI SIRLOIN STEAK

With Goat Cheese & Grilled Vegetables



Take yourself on an adventure to the Argentinian Pampas with this classic, mouth-watering combination of grilled steak and chimichurri, the South American “pesto” made with fresh herbs, garlic, and red-wine vinegar. Wait, there’s more! Tangy goat cheese and a smoky melange of grilled zucchini, peppers, and onions tango across your taste buds, leaving you so satisfied, you’ll want to take this tasty trip again and again.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 572
 Carbohydrates: 12g
 Fat: 20g
 Protein: 59g
 Sodium: 984mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Argentine Malbec
 Zinfandel
 Malted Pale Ale

INGREDIENTS

½ oz. Parsley Sprigs
1 oz. Cilantro Sprigs
2 Garlic Cloves
1 Red Bell Pepper
1 Zucchini
1 Red Onion
1 oz. Red Wine Vinegar
¼ tsp. Red Pepper Flakes
12 oz. Sirloin Steaks
1 oz. Goat Cheese Crumbles

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Grill Pan or Outdoor Grill
Mixing Bowl

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Prepare the Ingredients

Rinse all produce and pat dry. Stem **parsley** and **cilantro**. If using a blender, roughly chop herb leaves and **garlic**. If making chimichurri by hand, finely mince garlic, parsley leaves and **cilantro leaves**. Stem, seed, core, and slice **red bell pepper** into 1" dice. Slice the **zucchini** into ½" thick ovals (slice on an angle.) Peel **red onion**, and slice into ¼" rounds.



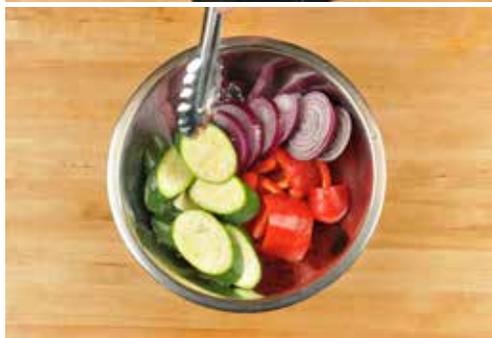
Make Chimichurri

If using blender, add **cilantro, parsley, garlic, red wine vinegar, and red pepper flakes** into the blender. With blender running, add **oil** (about 2-4 Tbsp.) until the chimichurri comes together into a runny pesto. If making chimichurri by hand, whisk finely minced garlic, parsley, and cilantro with the vinegar, red pepper flakes, and 2-4 Tbsp. olive oil in a small mixing bowl. Season with a pinch of **salt** and **pepper**. Let sit at room temperature.



Grill Steak

Season **sirloin steaks** with a pinch of **salt** and **pepper**. Heat a grill or grill pan over medium-high heat. Lightly coat the grill with nonstick cooking spray. Grill steaks on each side for 5-6 minutes, or until the steaks have reached a minimum internal temperature of 145 degrees. Remove to a plate, tent with foil, and let rest for 5 minutes.



Mix the Vegetables

Combine **zucchini, red onion, bell pepper**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper** in a mixing bowl.



Grill the Vegetables

Heat the same grill or grill pan over medium heat and lightly coat with cooking spray. Place **vegetables** on grill and cook for 2-3 minutes on each side or until fork tender.



Plate the Dish

Place a **steak** in the middle of the plate. Spoon **chimichurri** over steak. Lay **grilled vegetables** next to the steak, and top with vegetables and **crumbled goat cheese**.