



HOME CHEF

# Charred Poblano Chimichurri Flat Iron Steak

With Orange Caramelized Green Beans and Radish Salad



Chimichurri is one of the most delicious sauces to ever encounter steak, and this one is no exception. We put a spin on the classic with a broiled poblano pepper chimichurri and a side of heavenly orange-caramelized green beans. A crisp, clean radish side salad cuts the richness of buttery flat-iron steaks for an impressive meal that'll take your weeknight to the next level in no time.

## OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

## NUTRITION

Calories: 620  
Carbohydrates: 27g  
Fat: 23g  
Protein: 55g  
Sodium: 136mg  
*per serving*

## DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

## DRINK PAIRING

Sage Margarita  
Zinfandel  
Hoppy Ale

## INGREDIENTS

1 Poblano Pepper  
5 Radishes  
3 Parsley Sprigs  
5 Cilantro Sprigs  
2 Garlic Cloves  
6 oz. Green Beans  
1 Navel Orange  
½ oz. Red Wine Vinegar  
2 Flat Iron Steaks

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper

## EQUIPMENT

Baking Sheet  
Mixing Bowl  
Medium Pan

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### Roast the Poblano Pepper

Preheat broiler on high and prepare a baking sheet with aluminum foil. Place **poblano** on baking sheet and drizzle with 1 tsp. of **olive oil**. Place under broiler on middle rack for 12–15 minutes, turning once or twice so that all sides are charred and blistered. Remove and pull together corners of foil so that poblano is enclosed. Allow to steam 10 minutes until cool enough to handle. Stem, core, skin, and mince poblano.



### Prepare the Ingredients

While poblano is roasting, thoroughly rinse produce and pat dry. Thinly slice **radishes**. Stem **parsley** and **cilantro** and mince leaves. Mince **garlic**. Trim ends from **green beans**. Halve and juice the **orange** into a bowl.



### Finish the Chimichurri and Make Radish Salad

In a small mixing bowl, combine **minced poblano, parsley, half the cilantro, and garlic**. Add **red wine vinegar**, 2 Tbsp. of **olive oil**, and a pinch of **salt** and **pepper**. Mix well and set aside to let flavors marry. Combine 2 tsp. **orange juice**, **remaining cilantro, radishes** and a pinch of **salt** in a mixing bowl and set aside.



### Cook the Steaks

Heat 1 tsp. of **olive oil** in a medium pan over medium-high heat. Season **flat-iron steaks** with a pinch of **salt** and **pepper** on each side, add to pan and cook for 5 minutes on each side, or until a minimum internal temperature of 145 degrees is reached. Set aside and let rest. Wipe out pan and return to heat.



### Make Green Beans in Orange Caramel

Add **orange juice** and ¼ cup of **water** to same pan used to cook steaks, and increase heat to high. Add **green beans** and cook in orange juice until lightly caramelized, about 4–6 minutes. Season with a pinch of **salt and pepper**. Add **orange zest**.



### Plate the Dish

Place **steak** and a serving of **green beans** on a plate. Place **radish salad** on the side and top steak with a dollop of **poblano chimichurri**.