

Chimichurri Sauce Steak & Veggies

Total: 30 min. Active: 25 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 451. Total Fat: 29g. Carbs: 9g. Protein: 37g.

Ingredients

- 3/4 lbs green beans, trimmed
- 1 pint grape tomatoes, halved
- 1 tbsp olive oil, plus extra for the grill
- Salt and pepper
- 2 strip steaks (abt 1-in. thick), trimmed & halved
- 1/2 garlic clove
- 1 tbsp red-wine vinegar
- 1/4 cup herbs (parsley, mint, and cilantro, etc.)
- 1 tbsp extra virgin olive oil
- 1 tbsp water
- Salt and pepper

Directions

Place a double layered piece of heavy-duty foil on a tray or cutting board; fold and gather edge to form a rim. Toss the green beans and tomatoes on foil with 1 tablespoon olive oil; season with salt and pepper.

Preheat a grill to medium. Lightly oil the grill grates and season the steak with salt and pepper. Slide the foil tray onto the grill; cook, tossing occasionally, until the beans char slightly and cook through, about 15 minutes.

To make the sauce, combine the garlic, vinegar, herbs, olive oil and water in small food processor; pulse until herbs are coarsely chopped. Season with salt and pepper.

Meanwhile, add the steaks to the grill; cook until desired doneness, about 5 minutes per side for medium-rare. Remove steaks to cutting board to rest 5 minutes. Slice, and serve steak and the vegetables with the Chimichurri Sauce.

