

Everything HERBAL

by Cheryl Jabz

Bringing Nature's Goodness

to Your Table

CHIMICHURRI GRILLED STEAK

Juicy, flavorful grilled steak topped with vibrant, herb-packed chimichurri sauce.

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INGREDIENTS

For the Steak

- 2 lbs flank steak or skirt steak
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp kosher salt
- 1/2 tsp black pepper
- Juice of 1 lime
- (Optional) 1/2 tsp smoked paprika

For the Chimichurri Sauce

- 1 cup fresh parsley, finely chopped
- 1/2 cup fresh cilantro, finely chopped
- 4 cloves garlic, minced
- 1/2 tsp red pepper flakes (adjust to taste)
- 1/2 tsp dried oregano
- Juice of 2 limes
- 1/4 cup red wine vinegar
- 1/2 cup extra virgin olive oil
- 1/2 tsp salt (or to taste)
- 1/4 tsp black pepper

PERFECT FOR:

- ♥ WEEKEND GRILLING
- ♥ FAMILY DINNERS
- ♥ MEAL PREP
- ♥ SPECIAL OCCASIONS

Flavorful. Fresh.
Unforgettable.

DIRECTIONS

1 Make the Chimichurri Sauce:

In a bowl, combine parsley, cilantro, garlic, red pepper flakes, oregano, lime juice, red wine vinegar, salt, and pepper. Slowly whisk in olive oil until well combined. Taste and adjust seasoning. Set aside.

2 Prepare the Steak:

In a small bowl, mix olive oil, garlic, lime juice, salt, pepper, and smoked paprika (if using). Rub mixture all over the steak. Let marinate at least 30 minutes (or up to 4 hours in the fridge).

3 Grill the Steak:

Preheat grill to medium-high heat. Grill steak 4–6 minutes per side for medium-rare (internal temp 130–135°F), or to your desired doneness. Remove from grill and let rest for 5–10 minutes before slicing.

4 Serve:

Slice steak against the grain and top generously with chimichurri sauce. Serve with grilled veggies, salad, or rice.

BENEFITS OF CHIMICHURRI HERBS



PARSLEY – Rich in vitamins A, C & K; supports immunity and detoxification.



CILANTRO – Helps cleanse heavy metals and supports digestion.



GARLIC – Known for heart health, anti-inflammatory and immune support.



OREGANO – Antioxidant-rich and supports respiratory health.



LIME – High in vitamin C and aids digestion while adding a zesty boost.

FRESH HERBS

WHOLESGOME INGREDIENTS

BETTER FOOD

A HEALTHIER YOU



SCAN
ME!

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