



# GRILLED STEAK SANDWICH WITH CHIMICHURRI

PREPARATION: 15 MINUTES

COOKING: 20 MINUTES

MARINADE FOR 1-24 HOURS

4 SERVINGS

## INGREDIENTS

### CHIMICHURRI

*1/4 cup parsley leaves, washed*

*1/4 cup cilantro leaves, washed*

*1/4 teaspoon dry oregano*

*Pinch of dry chili flakes*

*1 clove garlic*

*1 1/2 teaspoon lemon juice*

*1 tablespoon red wine vinegar*

*1/3 cup olive oil*

*1 pound striploin steak*

*1 cup red and orange peppers, sliced*

*1 cup red onions, sliced*

*1 tablespoon olive oil*

*4 ciabatta buns, sliced in half lengthwise*

## Tips

*The Chimichurri marinade can be used with any cut of meat.*

### International Flavour

This colourful sauce from the **Argentinian** cuisine doubles as a marinade and as a sauce to accompany all cuts of beef. It can be prepared in advance and frozen in ice cube trays. Once the cubes are frozen, put cubes in a freezer bag and store in freezer for later use.

## Nutrient Analysis

### PER SERVING

1/4 of recipe

### Renal exchange:

4 Protein + 2 Starch + 1/2 Vegetable

Calories **520Kcal**

Protein **31g**

Carbohydrates **35g**

Fibre **2.2g**

Total Fat **28g**

Saturated Fat **5g**

Cholesterol **58mg**

Sodium **384mg**

Potassium **553mg**

Phosphorus **305mg**

## PREPARATION

- 1 To prepare the chimichurri, combine all ingredients in a blender or food processor and puree. Reserve half of the mixture for the steak marinade and the other half to drizzle on the sandwiches.
- 2 Marinate the steaks for at least one hour. Steaks may marinate for up to 24 hours.
- 3 In a skillet over medium-high heat, sauté the peppers and onions in olive oil until the onions become translucent and the peppers begin to soften. Set aside.
- 4 Preheat your outdoor grill. Cook steaks until desired doneness. Remove from heat and allow to rest at room temperature for 10 minutes before slicing.
- 5 Toast ciabatta buns.
- 6 Slice steak into thin strips.
- 7 To assemble the sandwiches, fan the thinly sliced steak over the toasted ciabatta buns. Drizzle with chimichurri and top with the peppers and onions.