

Grilled Flat Iron Steak with Chimichurri Sauce

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-flat-iron-steak-recipe>

Ingredients:

- 1 piece flat iron steak 1 1/2 - 2 pounds
- 1 tablespoon steak rub I used my homemade Montreal Steak Seasoning, but you can use any brand or skip if you prefer
- 1/2 cup cilantro leaves finely chopped, about 1 cup before chopping
- 1/2 cup flat leaf parsley leaves finely chopped, about 1 cup before chopping
- 2 tablespoons minced garlic
- 3 tablespoons fresh lemon juice
- 2 teaspoons red wine vinegar
- 1 teaspoon pepper flakes Aleppo, or use a smaller amount of cayenne pepper if you can't find Aleppo pepper
- 1 teaspoon ground cumin
- 1/2 cup olive oil

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 4 grams
3. Fat: 27 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 4 grams
7. Sodium: 10 milligrams

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