

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Grilled Steak with Chimichurri Sauce

– ready in under 25 minutes!



Ingredients – serves 4 people

4 each steaks (150/180gm size – rib-eye works best)
salt & pepper to taste
6 Tbsp olive oil
4 large garlic cloves (peeled and roughly chopped)
1 small red onion (roughly chopped)

½ Tsp chili flakes
3 Tbsp apple cider vinegar
1 Tbsp dried thyme
1 each lemon (zested and juiced)
1 bunch parsley (washed and leaves picked)
salt & pepper to taste

Method

Pre heat a non-stick fry/griddle pan over a high heat.

Season the steaks with salt and black pepper on both sides.

Place the steaks into the pan ensuring there is space between them to allow the steam to escape.

Place half the parsley and all other ingredients into a blender/chopper.

Blitz/pulse until the mix is almost smooth (you may have to scrape the sides of the bowl once during the blending).

Turn the steaks after 2 – 3 minutes and position them in a part of the pan that was not being used before. Reduce the heat slightly.

Chop the remaining half of the parsley quite coarsely.

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
“Foodie Thursday”.



Place this into a bowl and then pour over the mixture from the blender jug/bowl.
Stir together, season with salt and pepper and set aside.

Turn the steaks back over after a further 2 – 3 minutes and position so bar marks run the opposite way to the those already seared onto the surface.

Turn the heat off and move the pan off the stove top approx. 2 minutes before the steaks are cooked to your preference.

Transfer half of the chimichurri sauce into a bowl.

Place the rested steaks onto the service plate and top each steak with an equal amount of chimichurri and serve immediately with the bowl of extra chimichurri sauce.

Notes from the chef:

Remove the steaks from the refrigerator and packaging at least 30 minutes before you plan to cook them.

The chimichurri sauce can be prepared in advance and kept in the refrigerator.

I recommend rib-eye steaks as they have a good amount of fat marbling through them that requires no additional fat for cooking but if you prefer sirloin/fillet or rump these also work well. You may need to brush the surface of the steaks lightly with oil before cooking to prevent them drying out.

You can substitute any muscular fish such as tuna or swordfish but adjust the cooking times depending on the type of fish and the thickness.

The flavour of the chimichurri sauce is big, bold and beautiful – pungent, herby and slightly acidic with a touch of spice!

You can serve any number of accompaniments to this dish – new potatoes & garden salad, steamed green beans or orange and walnut salad with crusty bread. Pair with whatever takes your fancy!

Tbsp - tablespoon

Tsp - teaspoon