



Episode 3 - Recipes



Skirt Steak with Chimichurri Sauce

INGREDIENTS

For Steak:

- 1 lb grass-fed skirt steak
- 1/2 tsp ground cumin
- 1/4 tsp sea salt
- 1/8 tsp black pepper

For Chimichurri Sauce:

- 1/2 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 3 cloves of garlic, minced
- 1 cup cilantro leaves, loosely packed
- 1 cup parsley leaves, loosely packed
- 1 T dried oregano
- 1/4 tsp sea salt



INSTRUCTIONS

Heat grill over high heat. Whisk together cumin, sea salt and black pepper in a small bowl and sprinkle over steak. Use clean hands to rub seasonings into steak. Let steak come to room temperature before putting on the grill (approx. 20 minutes or more)

Once grill is smoking, place steak on top and grill 4 minutes; flip and grill an additional 4 minutes. Allow steak to rest on a cutting board for 5 minutes.

While steak rests, combine ingredients for chimichurri sauce in a food processor (or blender). Pulse until well combined. Slice steak and spoon chimichurri sauce over the top.