

Pan Seared Vacio and Chimichurri



Pan-Seared Flank Steak with Chimichurri Sauce
Argentinian style dinner that you can make at home! Flank steak is cooked in lots of spices, then topped with a spoonful of Chimichurri sauce. You don't need much sauce for each serving, because it has a pretty strong flavor. Joe loves to serve the thin strips of flank steak over mashed potatoes.

Serving Size: 4

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Ingredients

- Chimichurri sauce:
 - 3 cups fresh parsley , washed and rinsed, chopped (you can also use spinach instead or 1
 - ? cup olive oil
 - 2 tablespoons balsamic vinegar
 - 5 garlic cloves
 - 1 teaspoon crushed red pepper
 - ½ teaspoon cumin
 - ½ teaspoon salt
- Ingredients for flank steak:
 - 1 pound flank steak
 - ¼ cup olive oil
 - ¼ teaspoon parsley
 - ¼ teaspoon sage
 - ¼ teaspoon cumin
 - ¼ teaspoon curry
 - ¼ teaspoon paprika
 - ¼ teaspoon basil
 - ¼ teaspoon chili powder
 - ¼ teaspoon coriander
 - 3 cloves garlic chopped
 - salt and pepper

Instructions

- How to make Chimichurri sauce:
 - Place all ingredients for the sauce in the food processor and blend for about 4 minutes u
 - Using a spatula, transfer the sauce into a bowl. Add more parsley (or spinach) if needed
- How to cook Vacio:
 - Mix all spices together in a small bowl. Rub spices on both sides of flank steak, scatter
 - Heat a large skillet on high heat until very hot, add 2 tablespoons olive oil (it should siz
 - spices and garlic) and sear it on high heat about 4 minutes on one side. Flip it over, add 2
 - and sear 4 minutes on another side.
 - Cover the skillet with the lid – let the flank steak rest, covered, for about 5 or 8 minutes
 - Transfer cooked flank steak onto the large platter and slice it into thin strips, against the
 - Place strips of flank steak in the middle of each plate, top with a spoonful of Chimichur

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