

# Grilled Rib-eye with Tomato Salad & Chimichurri Sauce

**Yield:** 4 servings

## Ingredients

### Salad

- 4 medium tomatoes, cut into wedges
- 1/2 cup thinly sliced sweet onion
- 2 teaspoons extra-virgin olive oil
- 1 tablespoon distilled white vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper

### Steak

- 1 pound boneless rib-eye steak, about 1 inch thick, trimmed of fat
- 1/2 teaspoon extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- Chimichurri Sauce, (recipe follows)

### Chimichurri Sauce

- 1 cup packed flat-leaf parsley leaves, (1/2-1 bunch)
- 1 small clove garlic, chopped
- 3 tablespoons distilled white vinegar
- 4 teaspoons extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground chipotle pepper, or cayenne pepper
- Chop parsley and garlic together on a cutting board until the parsley is finely minced. Transfer to a medium bowl, add vinegar, oil, salt and chipotle (or cayenne) pepper; stir to combine



## Preparation

### 1. Directions

1. Preheat grill to high.
2. To prepare salad: Combine tomatoes, onion, oil and vinegar in a medium bowl. Season with salt and pepper.
3. To prepare steak: Rub steak with oil. Season on both sides with salt and pepper. Grill the steak 3 to 4 minutes per side for medium-rare. Allow the steak to rest 5 minutes; serve with the salad on the side and a dollop of chimichurri sauce on top.

**Nutritional Information: Amount per serving:** Calories: 257

Fat: 3 g

Protein: 27g

Carbohydrate: 8g