

# Grilled Rib-Eye with Tomato Salad & Chimichurri Sauce



## Grilled Rib-Eye with Tomato Salad & Chimichurri Sauce

This combination is inspired by Argentinian asado (barbecue), where the focus is on luscious grilled Argentinian beef. Serve with warm whole-grain bread.

### Ingredients

#### CHIMICHURRI SAUCE

- 1 cup packed flat-leaf parsley leaves (from 1 large bunch)
- 1 small clove garlic, chopped
- 3 tablespoons distilled white vinegar
- 4 teaspoons extra-virgin olive oil
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon ground chipotle pepper or cayenne pepper

#### TOMATO SALAD

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

#### GRILLED RIB-EYE

- 1 lb. boneless rib-eye steak, about 1 inch thick, trimmed of fat and cut into 4 portions

$\frac{1}{2}$  teaspoon extra-virgin olive oil

$\frac{1}{4}$  teaspoon kosher salt

$\frac{1}{4}$  teaspoon ground pepper

## Method

1. To prepare the sauce: Chop parsley and garlic together on a cutting board until the parsley is finely minced. Transfer to a medium bowl, add vinegar, oil,  $\frac{1}{2}$  teaspoon salt and chipotle (or cayenne) pepper; stir to combine.

2. Preheat grill to high.

3. To prepare the salad: Combine tomatoes, onion, oil and vinegar in a medium bowl. Season with salt and pepper.

4. To prepare the 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 the Chimichurri Sauce on top.

## Notes

### TIPS & NOTES

Make Ahead Tip: Cover and refrigerate Chimichurri Sauce for up to 2 days.

9 WW SmartPoints

### Prep

- Active: 45 Minutes
- Total Time: 45 Minutes

Source: EatingWell: June/July 2006 (Servings: 4 | Yield: 1 steak & 1 cup salad per serving)