



BBQ Steak Skewers with Chimichurri

8 servings

20 minutes

Ingredients

- 1 1/4 cups Cilantro (stems removed)
- 1 1/4 cups Parsley (stems removed)
- 1 Garlic (clove)
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Sea Salt (to taste, divided)
- 794 grams Top Sirloin Steak (cut into 1-inch pieces)
- 3 cups Red Onion (chopped)
- 8 Barbecue Skewers

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 543 |
| Fat | 35g |
| Carbs | 13g |
| Fiber | 3g |
| Sugar | 5g |
| Protein | 42g |
| Sodium | 1005mg |
| Potassium | 928mg |
| Vitamin A | 1940IU |
| Vitamin C | 36mg |
| Calcium | 109mg |
| Iron | 4mg |
| Phosphorous | 409mg |
| Magnesium | 63mg |

Directions

- 1 In a food processor, combine the cilantro, parsley, garlic, apple cider vinegar, oil, and salt until your desired consistency is reached. Add more oil or water, if needed.
- 2 Pierce the steak and red onion onto the barbecue skewers. Season with salt.
- 3 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. Scoop the chimichurri sauce over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one 13.5-inch (34 cm) skewer.

Additional Toppings: Serve with grilled corn on the cob, brown rice, quinoa, or a salad.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.