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Steak with Chimichurri Sauce and Seasoned Wedges



Ingredients

A small bunch of fresh coriander
A small bunch of fresh parsley
Half a teaspoon of fresh or dried oregano
Half a red onion
Half a red chilli
3 cloves of garlic
1 small lime
Extra virgin olive oil
Salt and freshly milled black pepper
2 sirloin steaks
4 potatoes, or 2 large baking potatoes
Paprika

Preparation

1. To make the chimichurri sauce:
2.
3. Wash and dry the herbs well on kitchen towel before preparing. Chop the coriander and parsley, and fresh oregano if using, very finely, discarding the stalks. Peel the red onion and deseed the chilli, then chop both really finely. Peel and crush the cloves of garlic. Mix them all together in a small bowl, along with the dried oregano if you're not using fresh.
4. Squeeze in the juice of the lime then drizzle in 2-3 tablespoons of olive oil, stirring it in, until the sauce reaches the desired consistency. Season well with salt and black pepper and leave in the fridge to chill for 2-3 hours before serving.
5. Serve in a small dish to spoon over the top of your steak, or dip in your wedges!
6. To cook the steaks:
7. Remove the steaks from the fridge and leave, covered, at room temperature for 20 minutes before cooking. Preheat the grill.

8. Lightly brush with oil, or spray with a little oil, on both sides, then place under the preheated grill, not too close to the heat. Turn half way through the cooking time. For a medium steak the cooking time will be about 6-7 minutes, 3-5 minutes for a rare steak and 8-10 minutes for a well-done one, depending on the thickness of the steak.
9. Rest for a few minutes under foil before serving or slicing.
10. To make the wedges:
11. Preheat the oven to 200 degrees, 180 degrees fan oven.
12. Peel the potatoes and cut into wedges, then pat dry on kitchen towel. Brush a large baking tray with olive oil and heat it in the oven for a few minutes. Arrange the wedges on the tray, spray them lightly with oil, then sprinkle with a little paprika and season well with salt and black pepper. Bake for 35-40 minutes or until they are golden and crispy, turning them once halfway through the cooking time.
13. Notes:
14. - If you have some chimichurri sauce left over, it also tastes delicious served with chicken or salmon, and mopped up with fresh bread!
15. - You could try using the sauce as a marinade for the meat before cooking, rather than as an accompaniment.
16. - If you don't have a lime, replace it with some lemon juice. If you don't have a fresh chilli, replace it with a pinch of chilli flakes and perhaps a sprinkling of cayenne pepper.
17. - To season the wedges, add your own favourite seasoning, such as chilli powder, garlic powder, cayenne pepper or dried herbs.

Cooks Note