

Chimichurri Beef Skewers

Portion Size: 1 each

Yield: 7

Chimichurri Ingredients:

Parsley, chopped	1 cup
Cilantro, chopped	¼ cup
Garlic, minced	1 tbsp.
Cumin	1 tsp
Salt	1/2 tsp
Sugar	1 tsp
Apple Cider Vinegar	1/3 cup
Serrano Chili	½ each
Canola Oil	½ cup

Skewer Ingredients

Beef, Sirloin	2 pounds
Salt	1 tsp

Preparation:

1. Place all chimichurri ingredients into a blender and process until smooth
2. Cut beef into 1-1/2" cubes.
3. Toss beef with chimichurri. Allow to marinate overnight or at least 2 hours.
4. Discard excess marinade.
5. Place 5 pieces of beef onto each skewer. Sprinkle beef skewers with salt.
6. Grill skewers on a grill prepared with pan spray until cooked to desired doneness.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
260	24	0	0	0	17	5	360

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