

Zesty & Tender: The Best Grilled Steak with Avocado Chimichurri for Summer

Grilled Steak with Avocado Chimichurri



TIME
30 min

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INGREDIENTS

For the Steak:

For the Avocado Chimichurri:

DIRECTIONS

1. Season the : Steak
2. Pat the steak dry with paper towels-this is the secret to a great sear. Rub the meat with olive oil, then generously apply the salt, pepper, and paprika. Let the steak sit at room temperature for 20-30 minutes. This ensures the meat cooks evenly throughout.
3. Prepare the : Chimichurri Base
4. While the steak rests, grab a medium glass bowl. Combine the chopped parsley, cilantro, minced garlic, chili, vinegar, olive oil, salt, and citrus juice. Stir well and let it sit for about 10 minutes. This "marinating" time allows the garlic and chili to mellow out and infuse the oil.
5. Add the : Avocado
6. Gently fold your diced avocado into the herb mixture. You want the avocado to hold its shape, so don't over-mix. Taste the sauce; it should be tangy, salty, and bright.
7. Grill the : Steak
8. Heat your grill or a heavy cast-iron skillet over high heat. Once the pan is smoking slightly, lay the steak down. For a flank steak, cook for 3-5 minutes per side. We are aiming for medium-rare (an internal temperature of 130°F to 135°F).
9. Rest and : Slice
10. This is the most important step! Transfer the steak to a cutting board and let it rest for at least 5-10 minutes. If you cut it too soon, all those delicious juices will run out. Slice the meat
11. thinly against the grain

12. to ensure every bite is tender.
13. Fan the steak slices out on a platter and spoon that vibrant avocado chimichurri generously over the top. Serve immediately while the steak is warm and the sauce is fresh.

SWAPS & NOTES

The Cut: If you can't find flank steak, a Flat Iron or Hanger steak works perfectly.

Just keep an eye on the thickness as cooking times will vary.

The Herbs: If you aren't a fan of cilantro, simply double up on the parsley.

If you want to get adventurous, a little fresh oregano can add an authentic earthy note.

TIPS FOR SUCCESS

High Heat is Key: You want a dark, caramelized crust.

Slice Against the Grain: Look for the long muscle fibers running through the meat and cut perpendicular to them.

This breaks up the fibers and makes the steak melt in your mouth.

Check Your Avocado: Ensure your avocado is ripe but still firm.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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