

Easy Chimichurri Steak Rice Bowls (Quick Weeknight Meal)

Grilled Steak Rice Bowls with Chimichurri Recipe

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10 min

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INGREDIENTS

For the Steak:

1¹/₂-2 lb flank steak

Salt to taste

Black pepper to taste

2 tablespoons neutral oil (canola or avocado oil)

For the Chimichurri Sauce:

¹/₂ cup fresh parsley, finely chopped

2 tablespoons red wine vinegar

2 garlic cloves, minced

1 shallot, finely chopped

... teaspoon red pepper flakes (optional)

¹/₃ cup olive oil

For the Bowls:

2-3 cups cooked rice

Pickled red onions (optional)

Lime wedges

Fresh cilantro (optional)

Grilled vegetables such as zucchini, corn, or bell peppers (optional)

DIRECTIONS

1. Season the Steak: Pat the flank steak dry with paper towels. Season both sides generously with salt and black pepper.
2. Let the steak sit at room temperature for about 10 minutes before cooking.
3. Cook the Steak: Heat neutral oil in a grill pan or skillet over high heat.
4. Cook the steak for about 3 minutes per side for medium-rare, or longer depending on your preferred doneness.
5. Remove the steak from the pan and let it rest for 5-10 minutes before slicing.
6. Slice the Steak: Slice the steak thinly against the grain. This shortens the muscle fibers and keeps the meat tender.
7. Make the Chimichurri Sauce: In a small bowl combine:
8. Chopped parsley
9. Red wine vinegar
10. Garlic
11. Shallot
12. Red pepper flakes (optional)
13. Olive oil
14. Salt and black pepper
15. Stir until well combined. The sauce should be vibrant and slightly loose.
16. Assemble the Bowls: Divide the cooked rice among serving bowls.
17. Top with sliced steak and drizzle generously with chimichurri sauce.
18. Add Toppings: Finish your bowls with optional toppings such as:
19. Pickled red onions
20. Fresh cilantro
21. Grilled vegetables
22. Lime wedges
23. These additions bring freshness and texture to the dish.

SWAPS & NOTES

This recipe is flexible and easy to adjust depending on what you have on hand.

Steak substitutions: If flank steak isn't available, skirt steak or sirloin works well.

Rice options: White rice is classic, but brown rice, jasmine rice, or cilantro-lime rice are great alternatives.

Herb variations: Traditional chimichurri uses parsley, but you can mix in cilantro for a different flavor profile.

TIPS FOR SUCCESS

A hot skillet helps create a flavorful crust.

Resting keeps the juices inside the meat.

The sauce is delicious on vegetables, chicken, and sandwiches.

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

Original recipe: <https://chefmaniac.com/easy-chimichurri-steak-rice-bowls-quick-weeknight-meal/>