

Argentine Grilled Steak with Fresh Herb Chimichurri

Tender marinated skirt steak paired with vibrant chimichurri sauce—a protein-rich, low-carb meal that keeps blood sugar stable while delivering bold Argentine flavors.

Prep: 20 min

Cook: 8 min

Total: 28 min

Servings: 4

GL 1.0 / GI 42

Ingredients

lean protein, zero glycemic impact skirt steak, trimmed

red wine vinegar

extra virgin olive oil

shallots, peeled

garlic cloves, peeled

fresh cilantro leaves

fresh parsley, chopped

fresh oregano leaves

crushed red pepper flakes

minimal amount, consider omitting or using stevia granulated sugar

kosher salt

Instructions

Step 1

Prepare the steak by trimming away any excess fat and connective tissue from the skirt steak. If the piece is too large for your cooking surface, cut it into manageable portions that will lie flat during cooking. Pat the meat dry with paper towels to ensure proper searing.

Step 2

Make the chimichurri marinade by adding red wine vinegar, olive oil, shallots, garlic cloves, cilantro, parsley, oregano, red pepper flakes, erythritol, salt, and black pepper to a food processor. Pulse until well combined into a thick, vibrant green sauce with a slightly chunky texture. Reserve half of the chimichurri in a separate container for serving.

Step 3

Transfer half of the chimichurri to a shallow dish or resealable bag, add the prepared steak, and turn to coat all sides thoroughly. Cover and refrigerate overnight for 8-12 hours, allowing the acids and herbs to tenderize and flavor the meat. Keep the reserved chimichurri refrigerated separately.

Step 4

Remove the marinated steak from the refrigerator 20 minutes before cooking to bring it to room temperature, which ensures even cooking. Meanwhile, preheat your grill or cast-iron skillet over high heat until very hot and lightly smoking.

Step 5

Remove excess marinade from the steak and place it on the hot cooking surface. Sear without moving for 2-4 minutes until deep grill marks form and a crust develops, then flip and cook the second side for another 2-4 minutes for medium-rare (internal temperature of 130-135°F).

Step 6

Transfer the cooked steak to a cutting board and let it rest for 5 minutes to allow juices to redistribute throughout the meat. This resting period is crucial for maintaining moisture and tenderness.

Step 7

Slice the steak into 2-inch wide strips, then rotate each strip and cut against the grain into bite-sized pieces. Sprinkle with additional kosher salt if desired and serve immediately with the reserved chimichurri sauce on the side.

Step 8

For optimal blood sugar control, serve alongside non-starchy vegetables like grilled zucchini, cauliflower rice, or a mixed green salad. Eat the vegetables first to maximize fiber benefits before enjoying the steak. Each serving should be 6-8 ounces of steak with 2 tablespoons of chimichurri.