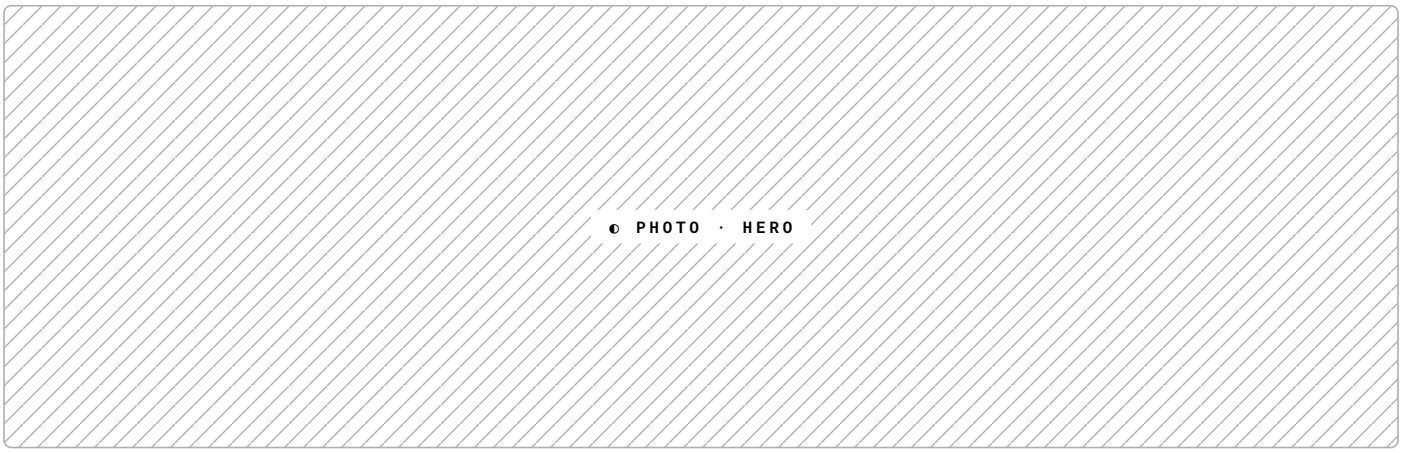
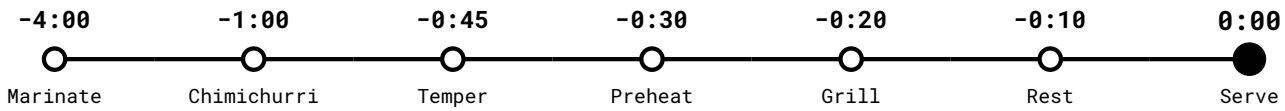
MAINS

SERVES 4 HANDS-ON 35 MIN START AT **T-4:00**

Garlic-Lime Flank Steak with Chimichurri

A bright, punchy weeknight-or-weekend steak. A citrus-soy marinade does the heavy lifting hours ahead, the chimichurri gets time to mellow, and the grill work takes all of ten minutes. Sliced thin across the grain, it's built for tacos, rice bowls, or a big platter in the middle of the table.





Shopping List

Amounts to buy — already totalled across every step.

MEAT

- ☐ **2 lb** Flank steak — *one piece, about 1 in thick*

GROCERY

- ☐ **1 bottle** Red wine vinegar — *¼ cup used*
- ☐ **1 jar** Flaky sea salt — *if not on hand*

PRODUCE

- ☐ **4** Limes
- ☐ **1 head** Garlic — *7 cloves*
- ☐ **1 lg bunch** Flat-leaf parsley
- ☐ **1 sm bunch** Fresh oregano — *or 2 tsp dried*

PANTRY CHECK

- ☐ Soy sauce (3 tbsp)
- ☐ Olive oil (⅔ cup)
- ☐ Brown sugar (1 tbsp)
- ☐ Ground cumin (1 tsp)
- ☐ Red pepper flakes
- ☐ Kosher salt & black pepper
- ☐ Neutral oil, for grates

GEAR

- Gallon zip-top bag
- Grill or cast-iron pan
- Instant-read thermometer
- Long sharp knife

The Countdown

Times count down to 0:00 — the moment it hits the table. Each step lists exactly what it needs.

T-MINUS

-4:00

: CLOCK TIME

STEP 1 OF 7

Marinate the steak

IN THIS STEP

- **2 lb** flank steak
- **⅓ cup** lime juice, ≈ 3 limes
- **4** garlic cloves, grated
- **3 tbsp** soy sauce
- **2 tbsp** olive oil
- **1 tbsp** brown sugar
- **1 tsp** ground cumin
- **½ tsp** black pepper

◐ PHOTO · MARINATE

01 Whisk the lime juice, garlic, soy sauce, olive oil, brown sugar, cumin and pepper in a bowl until the sugar dissolves.

02 Lightly score the steak on both sides in a shallow crosshatch, about ⅛ in deep.

03 Seal the steak and marinade in a zip-top bag, press out the air, and refrigerate. **Don't go past 6 hours** — the lime will turn the surface mealy.

SET A TIMER

2 hr 45 min

When it rings: **Make the chimichurri** -1:00

Steak marinates in the fridge. Flip the bag once if you walk past it.

T-MINUS

-1:00

: CLOCK TIME

STEP 2 OF 7

Make the chimichurri

IN THIS STEP

- **1 cup** parsley, packed, finely chopped
- **2 tbsp** fresh oregano, chopped
- **3** garlic cloves, minced
- **¼ cup** red wine vinegar
- **½ tsp** red pepper flakes
- **½ cup** olive oil
- **½ tsp** kosher salt

◐ PHOTO · CHIMICHURRI

01 Stir the garlic, vinegar, pepper flakes and salt together and let sit 5 minutes to tame the garlic.

02 Fold in the parsley and oregano, then stream in the olive oil while stirring.

03 Leave at room temperature. It gets better as it sits.

> *Chop by hand, not in a food processor — you want distinct green flecks, not pesto.*

T-MINUS

-0:45

: CLOCK TIME

STEP 3 OF 7

Temper the steak

IN THIS STEP

½ tsp kosher salt

01 Pull the steak from the bag, let excess marinade drip off, and pat it **very** dry with paper towels.

02 Season both sides with the salt and leave it on a rack at room temperature.

SET A TIMER **15 min** | When it rings: **Fire up the grill** -0:30

T-MINUS

-0:30

: CLOCK TIME

STEP 4 OF 7

Fire up the grill

IN THIS STEP

1 tbsp neutral oil, on a folded towel

01 Heat the grill to high (500 °F+) with the lid closed for 10 minutes.

02 Scrape the grates clean, then wipe with the oiled towel using tongs.

> *No grill? A cast-iron skillet over high heat with the fan on works nearly as well.*

SET A TIMER **10 min** | When it rings: **Grill** -0:20

T-MINUS

-0:20

: CLOCK TIME

STEP 5 OF 7

Grill

01 Lay the steak on the hottest part of the grill. Don't move it for 4–5 minutes.

02 Flip once and cook another 4–5 minutes, until the thickest part reads **125–130 °F** for medium-rare.

03 Move to a cutting board.

◐ PHOTO · GRILL

SET A TIMER **5 min** | When it rings: **check it.** -0:15
Next step: **Rest** -0:10
Flip the steak, then set 5 minutes again for the second side.

T-MINUS

-0:10

: CLOCK TIME

STEP 6 OF 7

Rest

01 Tent loosely with foil and let rest 10 minutes. The temperature will climb another 5 degrees.

02 Meanwhile, cut the last lime into wedges and give the chimichurri a stir.

SET A TIMER **10 min** | When it rings: **Slice & serve** 0:00

SERVE

0:00

: CLOCK TIME

STEP 7 OF 7

Slice & serve

IN THIS STEP

- **1** lime, cut in wedges
- **all** chimichurri, from -1:00
- **pinch** flaky sea salt

◐ PHOTO · SERVE

01 Find the grain (the long lines in the meat) and slice **across** it, thin and on a slight angle.

02 Fan onto a platter, spoon half the chimichurri over the top, and finish with flaky salt.

03 Serve with lime wedges and the rest of the chimichurri on the side.