



Ribeye steak with chimichurri sauce



Categoria
Carne



Tempo de preparação
Médio



Dificuldade
Fácil



Custo
High



Com quem?
With friends



Nº de pessoas
4 pessoas

Ingredientes



2 tbsp of Victor Guedes
Extra Virgin Olive Oil
Reserve

- 800g of ribeye or sirloin beef steak
- 2 anchovies
- 1/2 tea cup of mint leaves
- 2 tsp of thyme
- 1/2 tea cup of parsley
- 3 garlic cloves
- 1 red chilli
- 250g of cherry tomato mix
- 200g of asparagus
- 1 red onion
- 1 tbsp of balsamic vinegar
- Basil, to taste
- Fleur de sel, to taste
- Black pepper, to taste

Method of preparation

1

For the sauce, put 3 tablespoons of olive oil, the anchovies, the mint, the thyme, the parsley, the garlic cloves and the chilli in a blender.

2

Blend until smooth. Season to taste with salt and pepper. Set aside.

3

Cut the asparagus into pieces and cook them in boiling water for 4 minutes. Drain and place in a salad bowl.

4

Add the halved cherry tomatoes, diced red onion and basil leaves. Season with 2 tablespoons of olive oil, balsamic vinegar, fleur de sel and pepper.

5

Heat a grill greased with the remaining olive oil. Cook the meat for 3 minutes on each side.

6

Remove the meat and put it on a chopping board, let it stand for 2 minutes and then cut it into slices.

7

Serve the meat slices with the salad and the chimichurri sauce.

Produtos utilizados



Reserve
Extra Virgin Olive Oil



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