



Chimichurri Sauce or Marinade

Preparation Time: 10 mins

Chill Time: 15 mins

Serves: 6

Difficulty: Easy

APPLICATIONS

Chimichurri is best on beef and chicken. Can be applied as a baste before grilling, used as a marinade, or used as a sauce topping.

INGREDIENTS

½ cup finely chopped parsley
3-4 cloves minced garlic
¾ teaspoon dried oregano
½ cup olive or avocado oil
1 tblspn crushed red pepper
1 tspn coarse salt
1 shallot minced
2 tblspns red wine vinegar

Notes:

- Parsley can be substituted for cilantro
- Fresh red chili can be substituted for red pepper flakes

DIRECTIONS

1. Mix ingredients in a bowl and let sit for 15 mins