



Beef steak with chili sauce

10'
Hands on

1 hour'
Hands off

2
Portion(s)

1
Difficulty



Method

For the sauce

- Combine all of the ingredients for the sauce in a bowl and mix.
- Set aside for 1 hour.
- Then, remove the bay leaf and season with salt and pepper.
- Serve.

For the steak

- Heat a [grill pan](#) over high heat.
- Brush the steak with olive oil and season with salt and pepper.
- Lower heat to medium, add steak and cook for 4 minutes on each side.
- If you want the steak cooked medium, adjust cooking time according to how thick the steak is.
- When ready, add 1 tablespoon of butter, rosemary and thyme.
- Baste the steak in the butter sauce so it can become even more golden.
- When ready, remove from heat.

To serve

- Season the corn with salt and pepper and drizzle with some olive oil.
- Place a [pan](#) or grill pan over medium to high heat.
- Add the corn and cook for 4-5 minutes on all sides until nice and golden.
- Serve the corn with the steak and chimichurri sauce.

Ingredients

- 2 tomatoes, skin and seeds removed, finely chopped
- 1 onion, red, finely chopped
- 3 clove(s) of garlic, minced
- 1/2 bunch parsley, finely chopped
- 1 teaspoon(s) oregano, dry
- 1 teaspoon(s) chili powder
- 1 teaspoon(s) paprika
- 1 teaspoon(s) cumin
- 1 bay leaf
- 8 tablespoon(s) olive oil
- 4 tablespoon(s) vinegar, of red wine

For the steak

- 300 g beef steaks, boneless
- 1 tablespoon(s) olive oil
- salt
- pepper
- 1 1/2 tablespoon(s) butter
- 1 sprig(s) rosemary
- thyme

To serve

- 2 corns, in a vacuum
- 2 pinches salt
- 1 pinch pepper
- 1 tablespoon(s) olive oil

Διατροφικός πίνακας

Nutrition information per portion

731 Calories (kcal)	58.0 Total Fat (g)	11.0 Saturated Fat (g)	11.0 Total Carbs (g)
37%	83%	55%	4%
8.7 Sugars (g)	37.0 Protein (g)	3.6 Fibre (g)	1.6 Sodium (g)
10%	74%	14%	27%