

Cast Iron Ribeye with Green Sauce

The green sauce used in this recipe is similar to the popular Argentinian chimichurri sauce. However, in this case, the ingredients are blended until smooth rather than coarsely chopped.

For a more traditional chimichurri sauce, briefly pulse the ingredients until just combined or finely chop them by hand for a less homogenous, but equally delicious, result.

Here is a handy temperature chart for beef to use as a guideline:

<https://www.certifiedangusbeef.com/kitchen/doneness.php>

Note:

The total cook time for this recipe will vary depending on a number of factors, including the internal starting temperature and thickness of the steaks, and the desired final cooking temperature.

For best results, remove the steaks from the refrigerator 30 minutes prior to cooking and use an instant read thermometer to determine level of doneness while cooking. As a rule of thumb, remove the steaks from heat when they are approximately 5 degrees below the desired final temperature.

Ingredients:

2/3 c. extra virgin olive oil, divided
1/3 c. red wine vinegar
1 c. fresh flat-leaf parsley
1/3 c. fresh cilantro
2-3 large cloves fresh garlic, peeled
¼ t. - ½ t. crushed red pepper flakes
½ large organic lemon, washed and sliced*
1 t. ground cumin
Sea salt and black pepper, to taste
2 ribeye steaks (approximately 16 oz.)



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Prep time: 5 minutes
Cook time: 10-15 minutes
Serves: 2

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*Or use 3 tablespoons fresh lemon juice. If using organic lemons, you can leave the rind on the lemon before processing in a high-powered blender. If not, remove the rind completely prior to using.

Directions:

1. Combine ½ cup extra virgin olive oil, red wine vinegar, parsley, cilantro, garlic, red pepper flakes, lemon, and ground cumin in a high-speed blender or food processor. Season with salt and black pepper, to taste, and blend until smooth. Taste and adjust seasonings as desired. Set aside.
2. Heat a cast iron grill over medium heat and brush the surface with half the remaining olive oil. Once the grill is hot, add the steaks. Brush with the remaining olive oil, and season with salt and black pepper, to taste.
3. Cook steaks over medium heat for approximately 4-5 minutes before turning. Continue cooking for another 4-8 minutes, depending on how well you'd like the steaks done. Check the internal temperature with an instant-read thermometer after 4 minutes to determine final cooking time.
4. Remove from heat and allow the steaks to rest for 5 minutes before slicing and serving with a drizzle of the green sauce and your choice of sides. Enjoy!



*"Don't eat anything
your great-grandmother
wouldn't recognize as
food."*

~ Michael Pollan