

Grilled hanger steak, chimichurri, grilled marinated vegetables, roasted potatoes with lemon and oregano |

Recipe for 4 servings

Description

A beautiful cut of beef accompanied by grilled vegetables, mashed potatoes and a fresh chimichuri sauce.

Note

If you wish, sear the meat in a frying pan and finish cooking in an oven, the rest of the technique remains the same.

Ingredients

Beef steak

- 4 Unit(s) Hanger steak

Chimichurri

- 0.25 Bunch(es) Fresh cilantro
- 0.25 Bunch(es) Fresh oregano
- 0.25 Bunch(es) Flat parsley
- 2 Clove(s) Garlic
- 100 Gr Red onion
- 30 Ml Red wine vinegar
- 125 Ml Olive oil
- 1 Pinch(es) Chili flakes

Grilled vegetables

- 1 Unit(s) Zucchini
- 1 Unit(s) Red pepper
- 12 Unit(s) Green asparagus
- 200 Gr Oyster mushroom
- 2 Tbsp Olive oil
- 1 Sprig(s) Oregano

Roasted potatoes

- 500 Gr Fingerling potatoes
- 1 Tbsp Canola oil
- 4 Sprig(s) Thyme
- 1 Unit(s) Lemon

Preparation

- Preparation time **60 mins**
- Preheat your **BBQ** at **500 F°**

Preparation

Peel and chop the red onions.

Cut the zucchini into nice strips 1cm thick.

Remove the seeds from the peppers and cut them in quarters.

Remove the stems from the asparagus.

Brush or clean the oyster mushrooms.

Cut the fingerling potatoes in 2 lengthwise.

Chimichuri sauce

Combine all of the ingredients in you food processor or blender and turn until almost smooth, you want to keep a small amount of texture present. Season with salt and pepper to taste. Set aside.

Grilled vegetables

Combine the zuchinni, red peppers, asparagus and oyster mushrooms in a mixing bowl. Add a drizzle of olive oil, the dried oregano as well as salt and pepper. Combine throroughly and then transfer to a baking sheet and roast at high heat in the oven until slightly caramelized and cooked through.

Roasted potatoes

Combine the half potatoes with olive oil, lemon zest, salt, pepper and thyme in a mixing bowl. Transfer to a baking sheet and bake in the oven for roughly 35-40 minutes or until golden and cooked through.

Beef

Preheat your barbecue on maximum for 15 minutes.

Season the steaks with salt and pepper on both sides.

Sear the steaks for 1-2 minutes on each side and depending on the desired doneness, continue to cook with indirect heat in the barbecue or in the oven at 400F.

Let rest for 2 minutes before serving.

Plating

On the serving plate of your choice, ideally a flat plate, place a nice helping of roasted potatoes on one side. Place the grilled vegetables beside the potatoes and top with your piece of grilled beef. garnish with the chimichuri sauce. Enjoy!

Bon appétit!