

Chimichurri

This amazing chimichurri steak recipe is delicious! By making this chimichurri you can liven up the taste of steak and make it really flavoursome. If you've never tried chimichurri steak you are missing out. The one thing I love about living my paleo-ish life is that I can still eat what most people consider to be "naughty food" and it's actual 100% healthy, it's tasty and is a billion times nicer than eating anything out of a packet.

January is a really easy time to eat healthy because everyone wants to make a good head start! But going forwards into the year and maintaining it is when it starts to get a little bit more difficult. But with recipes like this and with food as delicious as this it is so easy to stick to eating and fuelling your body with the right food! By following this clean way of eating you are setting yourself up for instant success with a body that is ready to go, you don't feel sluggish, you will lose a few lbs or more if you decide to exercise alongside it. Everything you want to achieve starts with this simple first step and will help build a solid foundation for moving forwards into a happy and healthy 2016.



chimichurri steak

To make the chimichurri steak mix just mix together:

- 2tbsp red wine vinegar
- 2 spring onions
- 1tsp oregano

- Handful of fresh coriander
- Handful of fresh parsley
- Chopped chilli to taste
- Chopped garlic to taste
- 2tbsp olive oil

Drizzle over cooked steaks and enjoy.

Check out this chimichurri steak recipe as well as my other recipes on my [Instagram](#).

And remember you can mix it up a little bit you don't just have to put it on your steak why not drizzle it over a salad or on a baked sweet potato.

Love Roo xx

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