

## CHIMMICHURRI/SALSA VERDE – NO ALLERGENS

### Hanger or Flat Iron

### Ingredients

Same ratio as Lemon base Marinade BUT with **Lime** instead

(Juice and Zest of Lemon

2 x Tablespoon Olive Oil PER 1 x Whole Lemon

1 x Teaspoon Black Pepper (Approx 5g))

Corn Oil

2 x Crushed Garlic Cloves (remove Green centre)

1 x Teaspoon of Dried Chilli Flakes (approx. 5g)

1 x Handful freshly chopped Flat Leaf Parsley

½ x Teaspoon Black Pepper

### Cooking Instructions

#### Hanger

1. Coat the whole steak and marinade for minimum 2-3 Hours.
2. Please bring meat to Room Temperature before cooking.
3. **Jans advice** – Cook on HOT Griddle or Frying Pan, cooking for a few minutes on each side
4. Keep warm but rest for 5-10 minutes before serving.

#### Flat Iron

1. Diagonal Score one side of Flat Iron steak, then coat and marinade for minimum 2-3 hours (this helps tenderise)

2. Please bring meat to Room Temperature before cooking.
3. **Jans Advice** – Cook either side for 3-4 minutes score side down first.
4. Keep warm and rest for 5-10 minutes before serving.

