



LOEFFEL MEAT SHOPPE

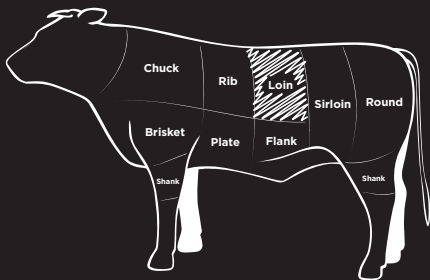
AIR FRYER STEAK **WITH CHIMICHURRI SAUCE**

FEATURING
T-BONE STEAK



Meat Cut Information

The area below the backbone is home to some of the most tender and popular cuts of beef, such as the Tenderloin, Strip Steak, T-Bone and Porterhouse Steaks. Loin cuts are great prepared on the grill or under a broiler.



For more information about this recipe, including nutrition and meat cut information, alternative cooking methods, or to view it on the web, scan the QR code with the camera app on your smartphone.

Air Fryer Steak with Chimichurri Sauce

(3 servings)

Steaks

- 1 lb. T-Bone Steak
- ½ tsp. salt
- ¼ tsp. pepper

- ½ Tbsp. vegetable oil (optional)

Chimichurri Sauce

- ½ c. of firmly packed fresh parsley, finely chopped
- 1 garlic clove, minced
- 1 tsp. dried oregano
- 1 ½ Tbsp. vegetable oil
- 1 Tbsp. red wine or apple cider vinegar
- ¼ tsp. pepper (optional)
- ¼ tsp. red pepper flakes (optional)

1. Wash hands with soap and water.
2. To make the chimichurri sauce, finely chop parsley and garlic, or pulse it in a food processor or blender. Place in a medium sized bowl.
3. Stir in dried oregano, vegetable oil, and vinegar. Add pepper and red pepper flakes, if desired. Refrigerate until using.
4. Pat the steak dry with a paper towel (brush with oil, if desired). Season with salt and pepper on both sides.
5. Set the air fryer to 400°F and preheat for 5 minutes.
6. Place the steak in an air fryer basket and cook for 6 minutes. Flip the steak and cook for another 4 minutes, or until the meat reaches an internal temperature of 145 °F on a food thermometer.
7. Transfer the steak to a cutting board and cover loosely with foil. Let rest for 5-10 minutes before slicing.
8. Serve topped with chimichurri sauce.
9. Store leftovers in a sealed container in the refrigerator for up to four days.



EXTENSION

Nutrition Information per Serving:

Calories 220, Total Fat 14g, Saturated Fat 4g, Cholesterol 60mg, Sodium 440mg, Total Carbohydrates 1g, Fiber 1g, Total Sugars 0g, includes 0g Added Sugars, Protein 20g, Vitamin D 0%, Calcium 2%, Iron 15%, Potassium 6%.

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