

# Argentinian Chimichurri Steak Rice Bowl

**Servings:** 2 | **Prep Time:** 10 minutes | **Cook Time:** 10 minutes | **Total Time:** 20 minutes

This Argentinian chimichurri steak rice bowl is a fast, protein-packed meal that delivers bold, fresh flavor with minimal effort. Juicy seared steak, fluffy rice, and vibrant homemade chimichurri come together for a balanced bowl that feels restaurant-worthy but takes just 20 minutes to make. Perfect for lunch or dinner if you love bright, herb-forward sauces.

## Why You'll Love This Recipe

- Quick & satisfying — ready in just 20 minutes
- Fresh, bold flavor from classic chimichurri sauce
- Customizable bowl with endless add-ins
- Perfect steak every time with a fast, high-heat sear
- Meal-prep friendly components

## Ingredients

### Steak

- ¾ lb steak strips (sirloin, flank, or ribeye)
- Salt & black pepper, to taste
- 1 tbsp oil (high-smoke-point recommended)

### Chimichurri Sauce

- ¼ cup parsley, finely chopped
- 1 garlic clove, minced
- 1 tbsp red wine vinegar
- 2 tbsp olive oil
- Pinch red pepper flakes
- Pinch salt

### Base

- 2 cups cooked rice

## Ingredient Notes & Substitutions

- **Steak:** Sirloin is lean and affordable, flank has bold beefy flavor, and ribeye adds richness.
- **Parsley:** Flat-leaf parsley works best for chimichurri.
- **Rice:** Jasmine, basmati, or short-grain rice all work. Quinoa or cauliflower rice are good alternatives.
- **Oil:** Use a high-smoke-point oil for the best sear.

## Instructions

**Step 1: Make the chimichurri**

Finely chop parsley and garlic. Combine with red wine vinegar, olive oil, red pepper flakes, and salt. Stir well and set aside to let flavors develop.

**Step 2: Season the steak**

Pat steak strips dry with paper towels. Season generously with salt and black pepper on all sides.

**Step 3: Sear the steak**

Heat oil in a skillet over high heat until shimmering. Add steak in a single layer and cook 1–2 minutes per side until browned and cooked to preference. Avoid overcrowding the pan.

**Step 4: Rest the meat**

Transfer steak to a plate and let rest for 2 minutes. Slice further if needed for tender bites.

**Step 5: Assemble the bowls**

Divide warm rice between bowls, top with steak, and drizzle generously with chimichurri sauce. Serve immediately.

**Tips for Best Results**

- Preheat the pan well — high heat is key for steak.
- Do not overcook; steak continues cooking while resting.
- Taste chimichurri and adjust salt or vinegar before serving.

**Storage & Make-Ahead Tips**

**Steak:** Best fresh, but leftovers keep up to 3 days refrigerated.

**Chimichurri:** Stores in the fridge up to 1 week; great on eggs, chicken, or vegetables.

**Rice:** Can be made ahead and reheated for quick assembly.

**Easy Variations**

- Add grilled zucchini, onions, or bell peppers
- Swap rice for quinoa, mashed potatoes, or cauliflower rice
- Add oregano, cilantro, or lemon zest to the chimichurri
- Serve with a fried egg for a hearty lunch bowl