



# NEW YORK STRIP

Prep Time: 10 minutes

Cooking Time: 12 minutes

Difficulty Rating:

Chef: Austin Alexander

## Ingredients:

1 x 12oz New York Strip

Chimichurri

½ Cup Green beans

½ Cup Wax beans

¼ Cup cilantro

¼ Cup Flat leaf parsley

¼ Cup Scallion

3 Tablespoons olive oil

1 Tablespoon Sherry Vinegar

1 x Delicata Squash

Crispy Onions

1 brown onion cut into ¼ inch slices

½ cup flour

## Method

### 12oz New York Strip

1. Season heavily with salt and pepper
2. Let the meat rest for a couple of minutes to soak in the salt
3. Grill 5 - 6 minutes on each side for medium Chimichurri
4. Sliced beans as thin as possible
5. Finely chop all herbs
6. Mix all together in mixing bowl add olive oil vinegar and salt and pepper to your liking.

### Delicata Squash

1. Cut into ½ inch segments and seeded.
2. Blanch squash in boiling water for 1 min then toss with oil, salt, and pepper.
3. Grill 2 min on each side.

### Crispy Onions

1. Cut onion into ¼ inch slices.
2. Toss onions in flour.
3. Shake off remaining flour then fry at 300°F until golden brown.
4. Season with salt.

Together, made better, with you:

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TOGETHER, MADE BETTER