Skirt Steak with Mint Chimichurri Sauce

12 ounce skirt steak
Salt and pepper to taste
1 tablespoon extra-virgin olive oil

1. Heat a large fry pan over high heat. Add extra-virgin olive oil.
2. Season the skirt steak with salt and pepper to taste. When the olive oil begins to slightly smoke, lay the steak down and fry each side for about 2 minutes for medium rare or 3 minutes for medium. Remove and let the steak rest before slicing.

Mint Chimichurri Sauce
2 cups packed fresh Italian parsley leaves
4 medium garlic cloves, peeled and smashed
¼ cup packed mint leaves
¼ cup red wine vinegar
½ teaspoon red pepper flakes
½ teaspoon kosher salt
Freshly ground black pepper
1 cup extra-virgin olive oil

1. Place the first seven ingredients into the bowl of a food processor. Process until finely chopped. While machine is still running, pour oil in a steady stream. Stop machine and scrape down the sides of the bowl and process again for about 5 seconds. Transfer sauce to a bowl and serve with skirt steak. Keep leftovers in an airtight container and use within 3 days.