

# No Second Breakfast

MY JOURNEY FROM CHUNK TO HUNK

Motivation  Nutrition  Crossfit



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## The Best Chimichurri Recipe You've Ever Had

### Ingredients

Yield: 5 cups

- 1 bunch flat leaf-parsley, chopped (about 1 cup)
- 1 medium Spanish onion, finely chopped
- 5 cloves garlic, finely minced
- 2 medium red bell peppers, seeded and finely diced (about 1/2 cup)
- 1 tbsp dried oregano
- 1 tbsp coarse salt
- 1 tsp ground black pepper
- 1 tbsp chili flakes
- 1 cup olive oil
- 1/4 cup red wine vinegar

### Instructions

- Step 1** Add the dry ingredients to a large mixing bowl.
- Step 2** Add the vegetables and minced garlic and mix all the ingredients except the oil and vinegar.
- Step 4** In a small saucepan, heat the oil over medium heat until it reaches 95 degrees.
- Step 5** Slowly add the warm oil to the bowl, stirring constantly. Allow the mixture to cool completely.
- Step 7** Transfer it to an airtight container and place it in the refrigerator.

The flavors will develop and enhance overnight. For best results, prepare at least 2 to 3 days ahead of time. Chimichurri can be stored in the refrigerator for several weeks.