

## Chimichurri Marinade

*For your chicken, steak, fish or tofu*

1/2 red onion  
1 clove of garlic  
2 Tbsp. of lemon juice  
2 Tbsp. of olive oil  
1 tsp. smoked paprika  
1/4 cup of flat leaf parsley  
1/4 tsp of dry oregano  
1/2 cup extra virgin olive oil

Use 1/2 to marinate your protein and the rest to serve at the table.