

# Chimichurri Grilled Salmon

## Ingredients

- 2 salmon fillets
- 1/2 cup parsley, chopped
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 garlic clove, minced
- Pinch of red pepper flakes
- Salt to taste

## Instructions

1. Blend parsley, olive oil, vinegar, garlic, and red pepper flakes into chimichurri.
2. Grill salmon for 4–5 minutes per side.
3. Spoon chimichurri over the salmon before serving.

## Health Benefits

Chimichurri adds antioxidants and anti-inflammatory compounds. This dish is great for heart and liver support.

