

# perfect pan seared sirloin

**prep time** 5min

**cooking time** 10min



this recipe is free from gluten, dairy and sugar.

## ingredients

Sirloin steak  
Extra virgin olive oil or avocado oil  
Salt  
Pepper

## method

1. remove the steaks from the fridge at least 45 minutes before cooking to allow them to come to room temperature.
2. drizzle 1 tablespoon per steak of good quality extra virgin olive oil or avocado oil over the steaks. season evenly and generously with salt and pepper.
3. heat a heavy bottom pan (ideally a cast iron pan) over a high heat for 2 minutes.
4. place the steaks in and let cook for 2-3 minutes each side.
5. use tongs to handle the steak while you cook the fatty edge. this will create a nice crispy edge which makes for better eating.
6. bring the heat down to medium and cook for flat side down for another 2 minutes or until the steak reaches desired doneness.
7. remove from the heat and let sit on your serving plate for 5-10 minutes. cover the steak loosely with foil.
8. serve with roast potatoes and a salad.



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