



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

NOLA SIRLOIN

Time: 20 minutes

Serves: 2

Ingredients:

2 grass-fed beef sirloin steaks – trimmed - 6 ounces each
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1 tablespoon salted butter
1 clove fresh garlic – crushed
1 pinch cayenne pepper

Preparation:

Preheat a heavy cast iron pan on high heat. Pat the steaks dry with paper towel and evenly sprinkle the salt and pepper on both sides.

Place the steaks in the pan and do not press. Cook on high for two minutes then reduce heat to medium-low for three minutes. Turn steaks over and again cook on high for two minutes then medium-low for three minutes. Remove from pan and let rest

Mix butter, garlic and cayenne together with a fork. Top rested steaks with butter mixture and serve immediately.

Nutritional Information Per Serving:

Calories: 279
Fat: 12.6g
Carbs: 0g
Fibre: 0g
Protein: 38.5g