

Steak & Salad

Serves 2

What you'll need:

Main ingredients	Fresh/ frozen	Store cupboard
<ul style="list-style-type: none">Steaks, cut of your choice	<ul style="list-style-type: none">Bag of salad or spinachColeslaw	

Method:

1. Cook steak to your preference. I use a hot griddle or frying pan and cook the room temp steak for 2-3 minutes each side, with some salt, a little olive oil and butter. Leave to rest
2. While the steak is resting, prepare a quick salad/ some slaw or sauté some spinach
3. Plate up and enjoy!

Notes & tips

60-62 degrees this is the temperature at which steak is cooked medium rare/ medium. Insert a food thermometer into the thickest part of the meat. When it's between 60-62 degrees, it can come off the heat and be left to rest

try this when cooked, season your steak with salt and pepper and add a squeeze of lemon

salad make your favourite salad. My go-to easy salads are plain green, or mixed with cucumber, red onion, tomatoes and avocado, or a rocket & parmesan salad. If you have some Feta, you could crumble it on your salad

