



Simple Cast-Iron Steak

4 servings

1 hour 15 minutes

Ingredients

2 tsps Sea Salt (divided)
900 grams Top Sirloin Steak (or Ribeye
or Scotch Fillet or a tender bit of Rump)

Directions

- 1 Add half of the salt to the steak on all sides. Allow it to sit at room temperature for 45 to 60 minutes. This will allow the steak to cook more evenly.
- 2 When your steak is ready to cook, heat a cast-iron skillet over medium-high heat for 4 to 5 minutes or until very hot. Pat your steak dry and sprinkle the remaining sea salt into the pan.
- 3 Place the steak into the pan. It should sear loudly. Leave it in the pan until it is easy to move, about one minute. Flip the steak and cook for 30 seconds, occasionally pushing it down.
- 4 Continue turning the steak until it has reached your desired doneness, approximately 5 total minutes for medium-rare. The steak shouldn't feel too spongy.
- 5 Remove the steak and place it on a plate. Allow it to rest for 5 minutes before cutting into it. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Top with your favorite pesto or chimichurri. Add a pat of butter to the steak as it rests on the plate.

Serve it With: Add to a bed of greens, roasted potatoes or alongside roasted vegetables.