



## SIRLOIN STEAK WITH GARLIC BUTTER



MINUTES TO PREPARE  
1



MINUTES TO COOK  
3-9  
(See notes below  
for durations)



SERVES  
2

### INGREDIENTS

**2 x 180g sirloin steaks**  
**2 teaspoons butter**  
**2 cloves of garlic**  
**1 handful fresh parsley, chopped**  
**Maldon sea salt**  
**Freshly ground black pepper**

### TIMINGS

Prep time:  
**1 minute**

Cooking time:  
**1 1/2 minutes on either side for rare**

**2 minutes on either side for medium**

**2 1/2 minutes on either side for well done**

**4 1/2 minutes on either side for well done**

### LET'S GET COOKING

- 1 Take the steaks out of the fridge at least 10 minutes before cooking.
- 2 When ready to cook, season well by sprinkling Maldon sea salt, freshly ground black pepper and a drizzle of oil on to both sides of the meat. Do this too early and the salt will take the moisture out of the meat.
- 3 Heat up the barbeque, griddle pan or frying pan over a high heat. When it is hot, sear the steaks either side. Then turn them over and repeat until you have cooked the meat to your liking.
- 4 Cooking times will vary depending on the thickness of the meat - see to the left my recommendations.
- 5 Once cooked to your liking, take the meat off the heat and leave it to rest.
- 6 Meanwhile, make the garlic butter by melting the butter in a saucepan over a high heat until it bubbles. Add the chopped garlic and stir for 2 minutes until it is starting to turn golden. Add the chopped parsley, and season with salt and pepper.
- 7 Pour the garlic butter over the steaks to serve.

*"You might be thinking 'how healthful is a sirloin steak with garlic butter?'. Team it with a bowl of fresh vegetables and you've got a wonderful boost of protein from the steak and a whole heap of fibre from the vegetables. Steak is high in iron too. It's not something that I would recommend all the time, but it's a great way to boost energy levels and get you set up for the weekend. The garlic butter here is fresh and easy to make. Perfect for a Friday night in!"*