

Seared Steak



Ingredients

For 1 serving

- 1 Sirloin or Filet Steak
- 1-2 Tbsp Extra Virgin Olive Oil
- 2 tsp Pink Himalayan Salt or Sea Salt
- 1 tsp Ground Black Pepper
- 1 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1 tsp Steak Spice

Directions

1. Measure olive oil into frying pan (medium heat)
2. Place steak on pan and season with spices
3. Flip and turn steak a few times until middle is cooked
4. Enjoy with 1-2 veggie side dishes of choice!

(I love to pair this with seared peppers and sweet potato fries or casserole)

