

Recipes

Jamie Oliver
AT HOME
by Tefal

Proper 'Steakhouse' Sirloin Steaks



Preparation time : **15 min**
Cooking time : **20 min**

Ingredients

2 fat juicy sirloin steaks, cut 2cm thick
Sea salt
Fresh coarsely ground black pepper
Olive oil

1. Take your steaks out of the fridge at least 10 minutes before you want to cook them, to let them come to room temperature.
2. Season them well with lots of salt and pepper and rub a splash of olive oil all over them.
3. Heat your Tefal grill pan until it is very hot. Carefully place the steaks on it side by side, but not touching. Press down on each steak with a wooden spatula to make sure they're touching the ridges of the grill pan. Don't worry if there is a bit of smoke, open the window and it'll soon clear!
4. Turn the steaks after 3 minutes and cook for another 3 minutes on the other side. This should give you a nice pink steak, but feel free to cook it a little longer if you prefer your meat a little more cooked.
5. Allow the steaks to rest for a couple of minutes before serving with a handful of steamed green beans.



Use your Jamie Oliver by Tefal Shark's Tooth Grill to give your steaks a really professional chargrilled look and a great flavour.

Jamie O
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