



MINUTE STEAK serves 2

- 2 x 150g good-quality minute steaks
- olive oil
- sea salt and freshly ground black pepper
- ½ a lemon

To prepare, cook and serve your steaks

Put your frying pan or griddle pan on a high heat • Place the steaks on a plate, drizzle with a little olive oil and sprinkle with salt and pepper • Rub this seasoning into the meat on both sides so evenly coated • When the pan is nice and hot, add the steaks and press down with a fish slice or wooden spoon to make sure all of the meat is in good contact with the pan • For a steak that's as thick as a pound coin, cook for 2 minutes, turning halfway – this will give you medium rare steak, if you prefer yours cooked slightly more give it another couple of minutes, turning after each minute, until done to your liking • Transfer to a plate to rest for a couple of minutes then squeeze over the juice of half a lemon and drizzle with olive oil • Serve with homemade potato wedges (see *Potato wedges*) and salad (see *Simple green salad with French dressing*), or slice up and layer with Dijon mustard and watercress to make a killer steak sandwich

