



# MINUTE STEAKS

SERVES: 4

TOTAL TIME: 25 MINUTES

GF

## INGREDIENTS

8 x 100g minute steaks  
Salt & cracked pepper  
40g butter  
2 tbsp olive oil  
4 cloves garlic  
500g vine-ripened cherry tomatoes  
2 tbsp fresh basil, leaves torn

## INSTRUCTIONS

Start by seasoning the steaks with salt & cracked pepper.

Next bring a large frying pan to high heat. Once the pan is very hot, add half the butter, oil and garlic. Once it's beginning to brown, place four of the steaks in the pan. Cook for 30 seconds each side. Once cooked set aside under some foil and cook the next batch.

Next, place the cherry tomatoes in the same pan, add a little salt & cracked pepper and cook for about 4 minutes, shaking the pan constantly.

Stir through the fresh basil and remove from the heat.

Divide the steaks and tomatoes on 4 plates and serve immediately.

### MACROS PER PORTION

CALORIES	542	PROTEIN	43
CARBS	7	FATS	38
FIBRE	2		