

Pan-Broiled Minute Steak or Rib Steak

Recipe By Nitra Ladies Auxiliary



Cooking and Prep:  20
m

Serves:  4

No Allergens

Preference: Meat

Difficulty: Easy

Diet: Paleo, Gluten Free

Source: The Heimishe

Kitchen (Nitra Cookbook)

This super-simple steak preparation may be light on ingredients, but it's BIG on flavor.

Ingredients (4)

Main ingredients

- 4 thin slices rib steak or minute steak
- 3/4 teaspoon garlic powder
- 1/2 teaspoon paprika
- 4 tablespoons oil

Start Cooking

Cook the Steak

- 1.** Pound meat with mallet to flatten as much as possible.
- 2.** Sprinkle spices over meat.
- 3.** Meanwhile, heat oil in a heavy skillet.
- 4.** Fry meat over medium-high heat for five minutes on each side or until lightly browned.

Credit

Photography and Styling by Miriam Greene