

Savory Garlic Herb Beef Steak

Indulge in a succulent beef steak marinated with aromatic garlic and fresh herbs, pan-seared to perfection. This dish is simple yet packed with flavor, ideal for a satisfying main course.



Main Dish

30 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 beef steak (200g)
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon fresh thyme, chopped
- Salt and pepper to taste
- Lemon wedge (for serving)

Steps

- 1 In a bowl, mix minced garlic, olive oil, rosemary, thyme, salt, and pepper.
- 2 Rub the mixture all over the beef steak, ensuring it's well coated.
- 3 Let the steak marinate for at least 15 minutes at room temperature.
- 4 Heat a skillet over medium-high heat and add a little olive oil.
- 5 Once hot, add the steak and cook for 4-5 minutes on each side for medium-rare, or adjust to your preferred doneness.
- 6 Remove from heat and let it rest for 5 minutes before slicing.
- 7 Serve with a lemon wedge for a burst of freshness.