

Perfect Pan Fried Steak

Total time **15 mins** 5 mins preparation time 5 mins additional time 5 mins cooking time

INGREDIENTS

2 portion(s)

- 1 tbsp** groundnut oil
- 1** clove garlic, lightly crushed
- 1 handful** soft fresh thyme leaves
- 2** sirloin beef steaks, about 2cm thick
- 2 tbsp** Kikkoman Naturally Brewed Soy Sauce
- Freshly ground black pepper
- A knob of butter

PREPARATION

Step 1

Heat a large heavy based non-stick frying pan or griddle pan. Add the oil, garlic and herbs. Brush the steaks on one side with the Kikkoman Soy Sauce season with black pepper. Place Kikkoman Soy Sauce side down into the hot oil and cook over a moderate heat for 2 minutes for medium rare.

Step 2

Brush the steaks with more Kikkoman Soy Sauce, add the butter to the pan and once foaming turn the steak over and cook for a further 2 minutes coating with the buttery juices as the steak cooks.

Step 3

Lift the steak with a pair of tongs and sear the rounded edges of the steaks. Remove from the pan to a warmed plate and leave to rest for 5 minutes. Serve with a crisp green salad and chunky oven chips.