



NY Strip

Serves 1

Ingredients

- 0.25 teaspoon black pepper
- 0.5 teaspoon garlic powder ((matched "Garlic" but unit teaspoon!"lb inc
- 0.5 pound NY strip steak
- 1 tablespoon olive oil ((matched "Extra Virgin Olive Oil" but unit table estimate))
- 0.5 teaspoon onion powder
- 0.5 teaspoon salt

Instructions

1. Pat the NY strip steak dry with paper towels.
2. Season all sides of the steak generously with salt, black pepper, garlic powder, and onion powder.
3. Heat olive oil in a heavy-bottomed skillet over medium-high heat until shimmering.
4. Carefully place the steak in the hot skillet and sear for 3-5 minutes per side for medium-rare.
5. Reduce heat to medium and continue cooking, flipping every 1-2 minutes, until desired doneness is reached.
6. Remove steak from skillet and let it rest on a cutting board for 5-10 minutes before slicing and serving.