

Time: 30 minutes
Materials: grill pan

1 Ingredients

Makes 2 servings

1 tenderloin steak or flat iron (1/2 lb meat), about 1 1/2 in. thick
1 Tbsp. low sodium soy sauce
Sea salt
Black pepper
Roasted garlic powder (or garlic salt instead of sea salt)
Cavender's Greek seasoning
2 Tbsp. butter (sliced from stick)

2 Recipe

This recipe is for a rarish-medium steak. For a more well-done steak, do steps 7 and 9 longer.

1. Rub soy sauce on both sides of the steak.
2. Season both sides of the steak to taste with seasonings.
3. Turn the heat to MEDIUM-HIGH.
4. When the pan is hot, place butter in pan.
5. After the butter is melted, place steak on the grill, about 45° to the grill lines.
6. Cook steak for 2 minutes, then rotate 90°.
7. Cook steak for 3 minutes, then flip to the other side.
8. Cook steak for 2 minutes, then rotate 90°.
9. Cook steak for 3 minutes. Take off the heat.