

# Perfect Steak



**Cooking time:** 13 mins

**Serves:** 4

## how to cook

- 1 Take your meat out of the fridge at least 10 minutes before cooking.
- 2 Pat the steaks dry with kitchen paper, and then rub them with a little olive oil.
- 3 Pre-heat a thick-bottomed pan so it's nice and hot, then season the steak well on both sides with freshly ground black pepper.
- 4 Place the steaks in the pan and cook, turning every minute until done to your liking - for a thick steak cook for 6-7 minutes for rare; 7-8 minutes for medium-rare; 8-9 minutes for medium; and 9-10 minutes for well-done.
- 5 Once cooked, remove the steaks from the pan, place on a warm plate and leave to rest for 5 minutes.
- 6 Just before serving, drizzle the steaks with a really good extra virgin olive oil and a squeeze of lemon juice, and don't forget to pour over all the lovely resting juices.
- 7 Delicious served with home-made oven chips, roasted vine tomatoes and wild rocket.

## what you need

- 4 x John Penny Rib-eye or Rump steaks
- 1 tablespoon extra virgin olive oil
- Freshly ground black pepper
- 1 lemon for squeezing
- Home-made oven chips, made from 4 large baking potatoes cut into wedges
- 4 roasted vine tomatoes
- 100g pack wild rocket

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