





THE PERFECT STEAK

Preparation time: 2 minutes

Cooking time: 10 minutes

Serves: 4

4 x 350g T-bone steaks
sea salt flakes and freshly-ground
black pepper
1 Tbsp extra virgin olive oil
juice of 1 lemon

1 Use a sharp knife to make a series of cuts into the side of each steak, then season generously with salt and rub with olive oil. Set aside for 2 minutes.

2 Set the steaks on a hot barbecue grill and cook for 8 minutes, rotating and turning every 30 seconds, until the steaks are well-browned and medium-rare. Drizzle with lemon juice and top with a generous grind of pepper, then set aside to rest for 3 minutes.