

Spiced Grilled steak

- **Meat and chicken blend**

Prep list

4 / 250gm sirloin steak, scotch fillet or fillet

2 tbsp Chef Dale Sniffen Meat & chicken blend

2 tbsp extra virgin olive oil

- ✓ Cut excess fat off the steak
- ✓ Pat dry with kitchen paper
- ✓ Rub the seasoning over the entire steak
- ✓ Brush steak with olive oil
- ✓ **Fire up BBQ or grill pan to medium high heat**

Let's cook the perfect steak

- ✓ Place seasoned steak on a well pre heated surface
- ✓ **Allow juices to rise before turning**
- ✓ Cook to your liking by checking the juice colour
- ✓ **Rest meat before serving**