

Plain Grilled Steak

Serves 4

Ingredients:

4 Sirloin steaks (300-375g/10-12oz each), 1 inch thick
2 tbsp Olive Oil
Salt & Pepper

Lightly brush the steaks with oil and season evenly with salt and pepper. Allow to come to room temperature before cooking. Meanwhile, prepare the barbecue to a high heat.

Brush the cooking grates clean. Grill the steaks over direct high heat, with the lid closed as much as possible, but turning once. Cook to your desired level of doneness, e.g. 6-8 minutes for medium rare.

Remove from the barbecue and allow the steaks to rest for 3-5 minutes.

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