

Steak & Broccoli

Unit: Large Skillet or Electric Skillet

1-2 New York strip steaks
1/8 Cup of water

6-8 Spears of fresh broccoli or asparagus

Place the steaks on a plate and allow them to warm up for 15 minutes. Then, turn the unit on medium-high heat (400 on the electric) until water beads up when flicked into the unit. Cook the steaks to your preference according to the timetable below.

Thin steaks

- med-rare: 3 minutes per side
- medium: 4-4.5 minutes per side
- med-well: 5 minutes per side

Thick steaks

- med-rare: 4 minutes per side
- medium: 5-5.5 minutes per side
- med-well- 6 minutes per side

**** Note:** Reduce the heat a bit if the steak begins to smoke a lot.

Remove the steaks and set them on a plate. Let them rest for 5 minutes before you cut them. If you want fresh veggies like broccoli, when you remove the steaks, throw the veggies in. Add 1/8 cup water and seal the lid. Set on medium heat and cook until tender. (3 to 4 minutes).



HEALTH QUEST