

# Steak with Garlic Butter Mushrooms

Friday night steak at home for less than one in the pub.

Serves 2

Prep 5 min

Cook 15 min

plus 20 minutes out of the fridge first

**1g**  
CARBS  
PER SERVING

Steak and mushrooms. A side salad adds about 1 to 2g.

## You'll need

- ☐ 2 sirloin or rump steaks, about 2cm thick
- ☐ 200g mushrooms, sliced
- ☐ 30g butter
- ☐ 1 garlic clove, chopped small
- ☐ 1 tbsp olive oil
- ☐ Salt and pepper, to taste

## Method

- 1 Take the steaks out of the fridge 20 minutes before cooking. Pat them dry and season well.
- 2 Heat the oil in a frying pan on a high heat until it's really hot.
- 3 Cook the steaks for 3 minutes each side for medium-rare, 4 for medium, or 5 to 6 for well done.
- 4 Put the steaks on a plate to rest for 5 minutes. It keeps them juicy.
- 5 Turn the heat to medium, add the butter and mushrooms to the same pan and cook for 5 minutes, stirring, until golden.
- 6 Add the garlic for the last minute, then spoon the mushrooms and butter over the steaks.

### TIP

Press the middle to check: soft is rare, slightly springy is medium, firm is well done.

### SWAPS

Fried onions instead of mushrooms (adds about 3g a serving).

### STORING IT

Best eaten fresh. Leftover steak keeps in the fridge for up to 2 days and is good cold, sliced thin.

### FOOD SAFETY

Whole steaks can be served pink in the middle, as long as the outside is properly browned all over. If you're pregnant, older or unwell, cook it until there's no pink.