

- 1 New Zealand grass-fed ribeye steak, about 1-inch thick
- 1/2 teaspoon salt
  - Black pepper, freshly ground
- 1 tablespoon extra-virgin olive oil or grapeseed oil
- 4 cloves garlic, halved
- 5 sprigs of thyme

- 1. Evenly sprinkle both sides of the steak with salt. When you're ready to cook the steak, pat it dry with paper towels.
- 2. Preheat a cast iron pan over medium-high heat until hot. Rub oil directly on both sides of steak, and add to pan.
- 3. Cook for 2-3 minutes on each side. If the pan is smoking too much, turn the heat down slightly. Add garlic and thyme to the pan. Flip the steak onto the herbs and cook for another 30 seconds to 1 minute or until the internal temperature reaches 130°C for medium rare.
- 4. Transfer the steak to a cake rack or plate and let rest for 5 minutes before slicing and serving.

## **TO SERVE:**

Slice the rested steaks against the grain and garnish with the cooked thyme and garlic. Serve with roast potatoes and seasonal greens.

