



How to Cook Round Steak on Stove Top (Like a Pro)

To cook a delicious round steak we need the following ingredients:

- 400g / 14oz round steak
- 1 tbsp ghee/coconut oil
- Pack of kosher/flaked salt
- Freshly ground pepper

And the following tools:

- Thick-walled heavy skillet
- Tongs for flipping the steak
- Instant meat thermometer

Step 1: Bring the Steak to Room Temperature

Take the steak out from the fridge at least 40 minutes before preparation.

Step 2: Pat Dry Steak

Use paper towels to dry the steak's surface using light tapping motions.

Step 3: Add Cooking Oil and Heat Up the Skillet

Add a tablespoon of coconut oil or ghee and switch on the stove top to maximum. The skillet is hot enough, when you see light smoke coming off its surface. Wait for another 20 seconds and it's ready to go.

Step 4: Season with Salt

While your skillet is heating up, season both sides of steak with kosher salt. I recommend you start with 2-3 pinches per side of 400g / 14oz steak.

Step 5: Put the Steak Inside the Skillet

Put your steak inside the pan and hear the sizzling sound.

Step 6: Flip the Steak

As a rule of thumb, I recommend you sear a standard 400g / 14oz round steak for a total of 5 minutes for it to achieve medium-rare level of doneness (flip once).

Step 7: Rest the Steak

Once the time runs out, transfer the steak to the plate.
Season with freshly ground black pepper and rest it for 4-5 minutes.

Step 8: Cut & Serve

Cut the steak across the grain, serve on its own or with some healthy garnish. Enjoy!

10-Minute Paleo Round Steak & Tahini Sauce Recipe



Ingredients:

- 1 round steak
- 2 cherry tomatoes
- 1 handful basil leaves
- 1/2 lemon
- 1/2 handful chopped leeks
- 1/4 cup tahini
- 1/4 cup extra virgin olive oil
- drizzle of balsamic vinegar

Directions

1. Season the steak with flaked salt and sear it to medium-rare level of doneness.
2. Combine the rest of the ingredients in the food processor and blend them together.
3. Use as a spread or topping. Enjoy!

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