

# Pan-Seared Steak with Garlic Butter

This Pan-Seared Steak with Garlic Butter is incredibly juicy, tender, and delicious. You can quickly cook this steak on your stovetop and it's great for an easy weeknight meal. Topped with garlic herb butter, this will quickly become your go-to steak recipe.

**Course** Dinner, Main Course **Cuisine** American **Keyword** dinner, easy, steak **Servings** 4 servings  
Calories 710kcal

## Equipment

- Cast Iron Pan
- Mixing Bowls

## Ingredients

- 4 steaks (New York Strip, Ribeye, Top Sirloin, or your favorite cut)
- salt (to taste)
- pepper (to taste)
- 1 tablespoon olive oil



## Garlic Herb Butter

- 1 stick butter (softened)
- 1 tablespoon garlic (minced)
- 2 tablespoons minced fresh herbs (parsley, thyme, dill or chives, plus more for garnish)
- 1 pinch salt
- 1 pinch pepper

## Instructions

1. Heat a large cast-iron skillet or heavy-duty pan over medium-high heat for at least 2-3 minutes or until smoking.
2. Pat each steak dry with a paper towel. Generously season both sides with salt and pepper.
3. Add the olive oil to the pan followed by the steak. Sear steak for 3-4 minutes on each side. Resist the urge to flip until the first side is browned. (For medium, cook 4 to 5 minutes on each side; for well-done, cook 5 to 6 minutes on each side).
4. Remove steak from heat and rest for at least 5 minutes. Top with a scoop of the garlic butter and serve.

## To make Garlic Herb Butter:

1. While the steak is cooking, gently stir all the ingredients for the butter in a small bowl.

## Nutrition

Serving:

1 steak with 2 tbsp butter |

Calories: 710kcal | Carbohydrates: 2g | Protein: 46g | Fat: 58g | Saturated

Fat: 29g | Cholesterol: 199mg | Sodium: 330mg | Potassium: 627mg | Fiber: 1g | Sugar: 1g | Vitamin A: 906IU | Vitamin C: 6mg | Calcium: 40mg | Iron: 4mg