



## [Chili-Lime Pan-Seared Steak](#)

Recipe found on [AnnsEntitledLife.com](http://AnnsEntitledLife.com)

Prep Time: 35 minutes

Cook Time: 6 Minutes

Ingredients:

- 1 10-ounce, 1" thick Steak
- Pinch Salt
- 1 Lime (zested and juiced)
- 3 TBSP Olive Oil
- Pinch Pepper
- Pinch Crushed Red Chili Flakes

Directions:

- Remove your steak from the refrigerator 30 minutes prior to cooking it, and season with a pinch of salt on both sides.
- While the steak is coming to room temperature, prepare your lime.
- Use a citrus zester to remove the green skin from the outside of the lime. The white part under the skin is called the pith and can be very bitter, so be careful not to get that.
- After you zest the lime, squeeze the juice out into a small dish. This recipe only calls for one teaspoon, but the rest can be stored in the refrigerator for up to a week.
- Place a heavy-bottomed stainless steel pan or cast-iron skillet on the stove-top over medium-high heat. Allow the pan to get hot for two to three minutes.
- Add two tablespoons of olive oil to the pan, and allow it to heat up for ten seconds.
- Carefully lay the steak in the pan, and don't touch it for one minute.
- After one minute, use a pair of tongs to loosen the steak from the bottom of the pan. It should release easily. If it doesn't, let it cook a little longer until it does.
- At this point, you can move and rotate the steak around the pan occasionally to ensure even browning.
- Cook the steak for a total of three minutes one side. Set a timer for accuracy.
- When the steak has cooked for three minutes on the first side, flip it over and cook it the same

way on the second side.

- After the steak has cooked for a total of six minutes, remove it from the pan and allow it to rest for five minutes before cutting it.
  - While the steak is resting, you can make your chili-lime oil.
  - Add the remaining tablespoon of olive oil, lime zest, lime juice, and a pinch of salt and pepper to a small dish and stir to combine. If you like it extra spicy, just add some more crushed red chili flakes.
  - To serve the steak, slice it going against the grain of the meat and arrange it on a plate. Drizzle the steak with the chili-lime oil just before serving.
- Makes 1 serving Chili-Lime Pan-Seared Steak