Garlic Pepper Sirloin Steak

NUTRITION FACTS	
Serving Size	
1 8 oz. Steak	Amount per serving
Calories	294
Total Fat	11g
Total Carbs	3g
Protein	27g

ingredients

1 pound boneless
lean steak
1 teaspoon extra-virgin olive oil
1 1/2 tablespoon Garlic Pepper
1 teaspoon Freshly
groundnd pepper, to taste

directions

Preheat oven to 375 degrees. Rub steak with oil; season both sides with garlic pepper and ground pepper. Lightly oil the pan with olive oil also. Grill the steak until cooked to desired doneness, 4 to 6 minutes per side for medium-rare. Transfer it to a cutting board and let it rest for 5 minutes. Slice the steak thinly across the grain and serve.

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