



# PERFECT PEPPER AIR-FRYER STEAK



*Succulent sirloin or rump steaks, seared to perfection with a fragrant pepper crust—ready in minutes.*

## Ingredients

2 beef sirloin or rump steaks (225g/8oz each), chilled

2 tsp extra virgin olive oil

Sea salt flakes

Freshly ground black pepper (½–2 tsp, to taste)

To serve:

Fresh salad or steamed vegetables

Boiled new potatoes or baked potatoes

## Method

Preheat

Place the air fryer's crisper plate or grill pan inside the basket. Preheat the air fryer to 200°C for 3 minutes.

Season the Steaks

Meanwhile, toss the steaks in olive oil until evenly coated. Lay them on a plate or board and season each side with sea salt and black pepper—adjusting the pepper quantity to your liking.



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## Cook

Carefully place the steaks on the hot crisper plate with some space between them to allow air circulation. Cook for 4 minutes, then turn over and cook for another 4 minutes for medium-rare. For well-done, add about 1 extra minute per side.

## Rest & Serve

Transfer the steaks to warmed plates. If any cooking juices have collected in the air fryer drawer, pour them over the steaks for extra flavour.

Serve alongside fresh salad or seasonal vegetables and your choice of new or baked potatoes.