



# SEARED STEAK (LAMB OR BEEF) & CHICKEN BREASTS

Serves 4

## For Steaks

4 each            4oz Thin Cut Steaks  
                      Cooking oil

1. Season the meat with salt & pepper.
2. Heat the oil in a large sauté pan on high heat. Add the meat & sear for 2 or more minutes on each side until nicely browned; make sure not to try to flip them until the meat no longer sticks to the pan. Reduce the heat of the pan & continue to cook, flipping occasionally, until reaching desired doneness.

## For Chicken Breasts

4 small            Chicken Breast  
                      Cooking oil

3. Season the chicken with salt & pepper.
4. Heat the oil in a large sauté pan on high heat. Add the chicken & sear for 2 or more minutes on each side until nicely browned; make sure not to try to flip them until the meat no longer sticks to the pan.
5. Reduce the heat of the pan to low & continue to cook, flipping occasionally, until just fully cooked through.

OR

Place in a preheated 400° oven for a few minutes until just fully cooked through.

## Equipment

- Large sauté pan or skillet
- Tongs