



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CHILI RUBBED STEAK

Time: 15 minutes

Serves: 2

Ingredients:

2 teaspoons chili powder
1/2 teaspoon Kosher salt
2 grilling steaks (New York strip and ribeye work well)

Preparation:

Preheat your BBQ grill on high.

Mix the chili powder and salt in a small bowl.

Sprinkle the rub evenly on both sides of the steaks, working it into the meat with your hands.

Place the steaks on the hot grill and without flipping them over, rotate ninety degrees after two minutes. This will create the pretty grill marks just like the steak house.

After another two minutes, flip the steaks and rotate ninety degrees. Remove from the grill after another two minutes.

Let rest for five minutes before serving or cutting. This will keep the juices in the meat.

You can adjust the doneness (also known as temperature) of the steaks to your liking by adjusting the cooking time, not the grill temperature. Cooking time will vary based on your grill and the thickness of your steaks. As always, the best way to achieve perfect results is with an instant-read thermometer. Just be sure the steaks cook for an equal amount of time on each side.

Nutritional Information Per Serving (based on 6oz. New York strip):

Calories: 409
Fat: 26g
Carbs: 0g
Fibre: 0g
Protein: 46g