

FREEZER STEAK

Time: 70 minutes

Serves: 1

Ingredients:

300g thick-cut steak – frozen
10g kosher salt

Preparation:

Preheat your grill on high.

Cook the frozen steak for five minutes per side over direct high heat.

Turn off one side of the grill and move the steak to the indirect (unheated) side.

Sprinkle the salt on all sides of the steak.

Cook covered on indirect heat at 105C (225F) to an internal temperature of 53C (127F) – approximately one hour.

Remove from heat and serve.

Nutritional Information Per Serving (for tenderloin):

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|----------------|--------------------------------|
| Calories: 450 | Hand-Size Portion Guide |
| Fat: 21.3g | Palms of Protein: 2 |
| Carbs: 0g | Fists of Vegetables: 0 |
| Fibre: 0g | Cupped Hands of Carbs: 0 |
| Protein: 64.7g | Thumbs of fat: 0 |