

INSTRUCTIONS

- Season the steaks on all sides with salt and pepper.
- Heat oil in a pan or a skillet over high heat until smoking.
- Sear the steaks for about a minute to a minute and a half on each side, depending on the thickness of your steak for medium-rare. If you would like your steak rarer or more well-done, cook your steak shorter or longer accordingly.
- In the same pan, cook the asparagus with salt and pepper until tender but still slightly crunchy. Remove from heat.
- After the steaks have rested for about 5 minutes, slice, then serve with the asparagus!



Steak and Asparagus

By Chef Jeremy Langlois

INGREDIENTS

- 2 BONELESS STRIP STEAKS,
ABOUT 1-INCH THICK
- SALT, TO TASTE
- PEPPER, TO TASTE
- 3 TABLESPOONS OLIVE OIL
- 1 BUNCH ASPARAGUS