



Garlic Butter Steak

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
2 People	5 MIN	12 MIN		10

Garlic butter steak is a rich and flavorful dish made with perfectly seared steak and a delicious garlic butter sauce. The combination of a crispy crust and juicy interior makes this a restaurant-quality meal at home. This easy recipe is perfect for special dinners or when you want a satisfying, high-protein meal. With simple ingredients and quick cooking, garlic butter steak delivers bold flavor with minimal effort.

Ingredients

- 2 steak cuts (ribeye, sirloin, or your choice)
- 3 tablespoons butter
- 4 garlic cloves, smashed
- Salt and pepper to taste
- 1 tablespoon olive oil
- Optional: fresh thyme or rosemary

Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 10-12 minutes
- Total Time: 15-20 minutes
- Servings: 2
- Course: Main Dish
- Cuisine: American

Cooking Method

Instructions

1. Remove steaks from fridge and let sit at room temperature for 15-20 minutes.
2. Pat steaks dry and season with salt and pepper.
3. Heat olive oil in a pan over high heat.
4. Add steaks and sear for **3-4 minutes per side** (depending on thickness).
5. Reduce heat to medium and add butter, garlic, and herbs.
6. Spoon melted garlic butter over the steak continuously for 1-2 minutes.
7. Remove from heat and let rest for 5 minutes.
8. Serve with extra garlic butter on top.

Cooking Tips

- Use a hot pan for a good sear
- Let steak rest before slicing
- Do not overcrowd the pan

Variations

- Add chili flakes for spice
- Use roasted garlic for a milder flavor
- Add lemon butter for freshness
- Use different steak cuts based on preference

What to Serve with Garlic Butter Steak

- Roasted vegetables
- Mashed potatoes
- Garlic bread
- Salad

Storage

Store in an airtight container in the refrigerator for up to **2-3 days**.

Reheating

Reheat gently to avoid overcooking.

Frequently Asked Questions

How do I know steak is done?

Use a thermometer (medium-rare ~130°F / 54°C).

Why let steak rest?

It keeps the juices inside.

Can I grill instead of pan-sear?

Yes, grilling works great.

Recipe Author

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