

ENVIROFIT® & The SuperSaver Charcoal Jiko SMARTER LIVING PRESENT **Spicy Pan-broiled Steak**



Food image courtesy of uk.pinterest.com

Ingredients

- 1 teaspoon garlic salt (you can make your own by mixing 3 parts plain salt to 1 part garlic powder)
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano, crushed
- 2 tablespoons olive oil
- 1 medium red sweet pepper, cut into thin bite-size strips (1 cup)
- 1 medium onion, chopped (½ cup)
- ½ kg boneless beef steak, cut into 2 cm thick
- 1 medium tomato, seeded and chopped (½ cup)
- Fresh cilantro (dhania)



Preparation Method

1. Light your *Envirofit SuperSaver Charcoal Jiko* using little charcoal.
2. In a small bowl combine garlic salt, cumin, and oregano. In a large skillet heat 1 tablespoon of the oil over medium-high heat (by slightly closing the *SuperSaver* air regulator.)
3. Add 2 teaspoons of the garlic salt mixture, the sweet pepper and onion. Cook and stir for 2 to 3 minutes or just until vegetables are tender. Using a slotted spoon, remove vegetables from skillet; keep warm.
4. Add remaining oil, remaining garlic salt mixture and the meat to same skillet. Cook meat about 4 minutes on each side or until meat is slightly pink in the center. Transfer meat to a serving platter, reserving drippings in skillet. Keep warm.
5. Return vegetables to skillet. Stir in tomato; heat through. Thinly slice meat before spooning vegetables over meat. If desired, garnish with fresh cilantro (dhania).
6. Serve to your family and see them enjoy and want more!

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