



AMERICAN (DINER)

Steak and Eggs

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	2	10 min	20 min	Pan-fry	Flat iron

Ingredients

- 400 g (14 oz) flat iron steak, in 2 pieces about 2 cm (¾ in) thick
- ¾ tsp salt, plus more for the potatoes
- ¼ tsp black pepper
- 1 tbsp vegetable oil
- 30 g (2 tbsp) butter
- 4 large eggs
- 400 g (14 oz) potatoes, cut into 1.5 cm (½ in) cubes
- 1 small onion, diced
- 1 tsp paprika
- Hot sauce and toast, to serve

Steps

1. Season the steaks with salt and pepper and leave them at room temperature while you start the potatoes.
2. Heat half the oil in a large skillet over medium heat. Add the potatoes and onion with the paprika and a pinch of salt.
3. Cook, stirring every few minutes, for 12 to 15 minutes until the potatoes are golden and tender. Move to a plate and keep warm.
4. Wipe the pan and heat the remaining oil over high heat until nearly smoking.
5. Pan-fry the steaks for 3 minutes per side, until a dark crust forms and the centre reads 52°C (125°F). Add half the butter for the last minute and spoon it over.
6. Rest the steaks on a plate for 5 minutes.
7. Lower the heat to medium, melt the remaining butter in the same pan, and crack in the eggs. Cook 2 to 3 minutes until the whites are set and the yolks still wobble.
8. Slice the steaks, serve with the eggs and potatoes, and add hot sauce and toast.

Notes

- **Eggs:** break the yolk into the steak juices for a quick sauce.
- **Other cuts:** sirloin or a thin ribeye are common diner picks.
- **Quicker:** use leftover cooked potatoes and brown them in 5 minutes, or use frozen diced potatoes.
- **Air fryer:** toss the potatoes and onion with oil and the paprika and cook at 200°C (400°F) for 15 to 18 minutes, shaking halfway, until golden.
- **Twist:** swap the paprika for chipotle powder and top the eggs with salsa and avocado (not traditional).