



AMERICAN

Garlic Butter Steak Bites

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	3	10 min	10 min	Pan-fry	Top sirloin

Ingredients

- 600 g (1½ lb) top sirloin, cut into 2.5 cm (1 in) cubes
- ¾ tsp salt
- ½ tsp black pepper
- 1 tbsp vegetable oil
- 3 tbsp butter
- 4 cloves garlic, minced
- 1 tbsp chopped fresh parsley
- 1 tsp fresh thyme leaves (or ½ tsp dried)
- 1 tsp Worcestershire sauce
- Flaky salt and lemon wedges, to serve

Steps

1. Pat the beef very dry with paper towels, then toss with the salt and pepper. Dry meat browns; wet meat steams.
2. Heat a large cast-iron or stainless skillet over high heat for 2 minutes. Add the oil and swirl.
3. Add half the beef in a single layer with space between pieces. Leave it alone for 90 seconds until a deep brown crust forms, then turn and cook another 60 to 90 seconds. Sear the other sides briefly, then move to a plate.
4. Repeat with the second batch. Crowding the pan will make the beef grey and tough.
5. Lower the heat to medium, add the butter, garlic and thyme, and stir for 30 to 40 seconds until the butter foams and the garlic smells sweet but is not brown.
6. Return all the beef and juices, add the Worcestershire, and toss for 30 seconds to coat. Medium-rare chunks will be pink in the middle.
7. Rest for 2 minutes, then scatter with parsley and flaky salt.
8. Serve with lemon wedges, potatoes or a green salad.

Notes

- **Doneness:** cut one open to check; the pieces cook fast, so take them out slightly under.
- **Other cuts:** tri-tip, ribeye or strip steak all make excellent bites.
- **Make it spicy:** add ¼ tsp chilli flakes to the butter.
- **Air fryer:** toss the cubes with 1 tsp oil and cook in a preheated 200°C (400°F) basket, single layer, 5–7 minutes, shaking halfway; toss with melted garlic butter to finish.
- **Chef's touch:** salt the cubes 15–30 minutes ahead, then pat dry again; it seasons deeper and still browns well.