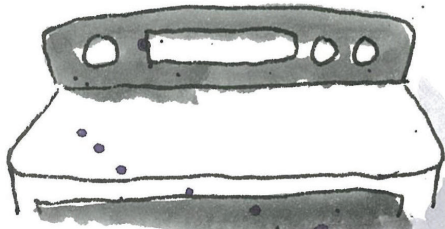


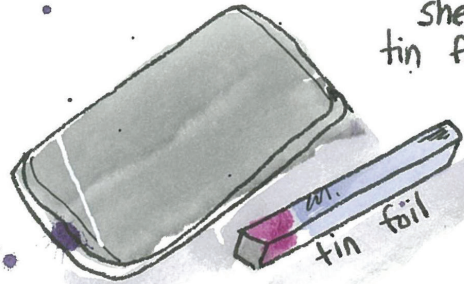
STEAK and CAESAR SALAD

1.

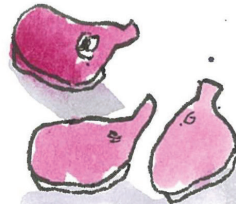
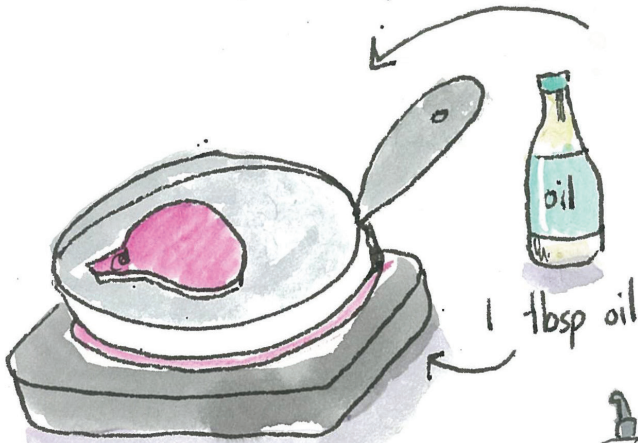


preheat oven to 400°

2. line a baking sheet with tin foil



3.



sear each steak for 2 minutes, flip steak over then sear 2 more minutes



wash and dry hands,

4. place each steak on lined sheet and top with $\frac{1}{2}$ tbsp steak spice + 1 tbsp BBQ sauce. Bake 7-12 minutes then cover loosely



5.



prepare salad

Steak & Caesar Salad

Serves 4 people

QUANTITY	INGREDIENT	RECIPE COST (estimated)
4 each	6-ounce Beef sirloin tip steaks	\$13.50
1 tablespoon	Vegetable or canola oil	\$0.07
4 tablespoons (60ml)	BBQ sauce	\$0.26
2 tablespoons (30ml)	Montreal steak spice	\$0.99
1 package (567g)	Caesar salad kit	\$6.99
TOTAL: \$21.81/recipe = \$5.45/person		

Cooking Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil. This will be used to finish cooking your steaks in the oven.
2. Preheat a large skillet to medium-high heat (7-8 on the dial). Add one tablespoon of oil to the hot pan.
3. Place each steak into the pan and sear (cook) for 2 minutes. Carefully flip the steak over and cook for another 2 minutes.
4. Move the pan off the burner and turn it off.
5. Move each steak to the foil-lined baking sheet. Top each steak with ½ tablespoon of Montreal steak spice and 1 tablespoon of BBQ sauce. Use the back of a spoon to spread the spice and sauce over each steak.
6. Place the baking sheet in the oven and cook the steaks for 7-12 minutes to the desired doneness. The longer that you cook the steak, the closer it will get to being well-done (no pink left in the center of the steak). If you like a rarer steak, cook in the oven for a shorter time (center of steak will remain red-pink).
7. Remove the steak from the oven and cover loosely with a piece of aluminum foil to keep it warm, 3-5 minutes.
8. Prepare the caesar salad according to the package directions.

Serve each steak with about 1-cup of the prepared caesar salad.