

Air fryer steaks

## **Description**

Perfect tender, delicious meaty steaks with a crispy, crunchy crust right from your air fryer or pressure Vatermark cooker with broiler settings!

- PREP TIME 10 minutes
- COOK TIME 17 minutes
- RESTING TIME 5 minutes
- TOTAL TIME 32 minutes

#### **INGREDIENTS**

- 2 New York strip, filet mignon, ribeye, or similar steaks
- 2 tbsp avocado or other oil with high smoke point
- 1 tbsp steak rub or seasoning

#### INSTRUCTIONS

- 1. Let steaks come to room temperature.
- 2. Pat steaks completely dry with a paper towel.
- 3. Drizzle steaks with oil.
- 4. Season well.
- 5. Run air fryer at maximum temp for 5-10 minutes before adding steaks to air fryer to make sure machine is piping hot.
- 6. Set the air fryer timer to 12 minutes at top temp for medium rare (450 for a Ninja, 400 for Instant Pot). If going for medium to well-done steaks, set the timer for 15+ minutes.
- 7. Add steaks and cook for 6 minutes. Flip steaks and cook for an additional 6 minutes.
- 8. Let carryover cook in the machine without opening for 5 minutes.
- 9. Check steak temperature a?? remove and let rest is done, if youa??d like it to gain a little more, leave it in the air fryer longer.

10. Let steaks rest on a plate for five minutes after removing them from the air fryer before slicing or serving.

#### **NUTRITION INFORMATION**

- · Amount Per Serving
- Calories 449
- Total Fat 32g
- Saturated Fat 12g
- Trans Fat 0g
- Unsaturated Fat 17g
- Cholesterol 128mg
- Sodium 177mg
- · Carbohydrates 1g
- Fiber 0g
- Sugar 0g
- Protein 37g



# **More Air Fryer Recipes:**

- Air fryer chicken cordon bleu
- Air fryer roasted potatoes
- AIR FRYER CHICKEN THIGHS

### Category

1. Air Fryer Recipes

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