



Air fryer steaks

Description

Perfect tender, delicious meaty steaks with a crispy, crunchy crust right from your air fryer or pressure 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 – remove and let rest is done, if you'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

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- [Air fryer chicken cordon bleu](#)
- [Air fryer roasted potatoes](#)
- [AIR FRYER CHICKEN THIGHS](#)

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1. Air Fryer Recipes

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Author

rauf