



Perfect Pan-Seared Teres Major Steaks

Active Time: 5 minutes | **Total Time:** 20 minutes | **Serves:** 5

Nutrition Information Per Serving

171.5 calories, 0 g carbohydrate, 0 g fiber, 0 g NET carbs, 23.73 g protein, 8.6 g fat

Ingredients

- 20 ounce(s) grass-fed teres major steaks
- 1 tsp sea salt
- 1 Tbsp avocado oil

Preparation

1. Pat steaks dry and sprinkle with sea salt. Preheat oven to 375 F.
2. Heat fat in a cast iron pan, over medium high heat.
3. When oil shimmers, add the steaks. Cook 2 minutes to sear, then flip and cook 2 minutes more.
4. Transfer pan to the oven and cook to desired temperature. Approximately 12-14 minutes for medium rare, 14-16 minutes for medium, and 16-18 for medium-well.
5. Place steaks on a cutting board and let rest for 5 minutes. Slice on the bias and serve.

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