



Instant Pot Air Fryer Steak

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

424 calories, 0.16 g carbohydrate, 0.07 g fiber, 0.09 g NET carbs, 46.35 g protein, 24.94 g fat

Ingredients

- 32 ounce(s) sirloin steaks, 1.5 inches thick
- 2 tsp(s) sea salt
- 1/2 tsp(s) black pepper

Preparation

1. Bring steaks to room temperature.
2. Preheat the air fryer to 400 degrees F.
3. Pat the steaks dry with paper towels. Season with salt and black pepper on both sides.
4. Arrange the steaks in the air fryer basket in a single layer.
5. Air fry until the steaks reach your desired doneness. Keep in mind, temperature will rise by 5 degrees while resting. Use a probe thermometer for best results (Quick temperature guide: 1.5-inch thick steaks, 10-12 minutes for rare, 11-13 minutes for medium rare, 12-14 minutes for medium, 13-15 minutes for medium well, or 14-16 minutes for well done).
6. Remove the steaks from the air and transfer to a plate. Let the steaks rest for 5 minutes before slicing against the grain.

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