

# HOW TO COOK THE PERFECT STEAK

❶ BRING STEAK TO ROOM TEMPERATURE

❷ PREHEAT PAN OR BBQ TO HOT

❸ DRIZZLE STEAK WITH OIL AND SEASON WITH SALT AND PEPPER

## WELL DONE

5–6 minutes per side,  
rest for 6 minutes

## MEDIUM WELL

3½ minutes each side,  
rest for 5 minutes

## MEDIUM

3 minutes each side,  
rest for 4 minutes

## MEDIUM RARE

2½ minutes each side,  
rest for 4 minutes

## RARE

2 minutes each side,  
rest for 2 minutes



Cooking instructions are based on a 2cm thick steak.  
See following recipes for serving suggestions.



Take the guesswork out of cooking steaks with the free SteakMate app,  
available for download from the App Store and Google Play.