

air fryer steak

MAKES 2 servings

PREP TIME: 5 minutes

COOK TIME: 15 minutes

2 6-8 oz sirloin steaks

2 tsp avocado oil

1 tsp smoked paprika

½ tsp onion powder

½ tsp garlic powder

salt and pepper, to taste



PREHEAT air fryer to 400°F.

RUB steaks with the smoked paprika, onion powder, garlic powder, salt, pepper and avocado oil.

SPRAY the air fryer basket with nonstick spray or coat with oil to prevent sticking.

PLACE steaks in the air fryer basket.

COOK for about 15 minutes (this will vary based on thickness) for medium-rare to medium, flipping halfway through.

REMOVE steaks from the air fryer once they reach an internal temperature of 140-145°F.

LET steaks sit for about 5 minutes to finish cooking and retain juices.

This steak would be great served over salad or with asparagus!