



Herb Crusted T-BONE STEAK



A juicy T-bone steak is perfect for highlighting fresh herbs. Rosemary, thyme, garlic, and parsley create a flavorful crust while enhancing the steak's rich, beefy taste.



PREP TIME:
15 minutes



COOK TIME:
20–25 minutes



TOTAL TIME:
35–40 minutes



SERVINGS:
2 servings

INGREDIENTS

For the Steak

- 2 T-bone steaks (about 1 inch thick)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon fresh rosemary, finely chopped
- 1 tablespoon fresh thyme leaves
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon coarse sea salt
- ½ teaspoon black pepper

Optional Herb Butter

- 2 tablespoons butter, softened
- 1 teaspoon parsley, finely chopped
- ½ teaspoon rosemary, finely chopped
- Pinch of garlic powder



INSTRUCTIONS



1. Prepare the Herb Rub

In a small bowl, combine: Olive oil ~ Garlic ~ Rosemary ~ Thyme ~ Parsley ~ Salt ~ Pepper. Mix into a paste.



2. Season the Steaks

Pat steaks dry with paper towels. Rub the herb mixture over both sides. Let rest at room temperature for 30 minutes.



3. Cook the Steaks

- **Grill Method** Preheat grill to medium-high heat. Grill steaks for 4–5 minutes per side for medium-rare. Cook longer if desired.
- **Cast-Iron Skillet Method** Heat skillet over high heat. Sear steaks for 4–5 minutes per side. Reduce heat slightly and cook until desired doneness.



4. Make the Herb Butter

Mix butter, parsley, rosemary, and garlic powder until combined.



5. Rest and Serve

Remove steaks from heat. Top each steak with a dollop of herb butter. Rest for 5–10 minutes before serving.

SUGGESTED SIDES

- ★ Garlic roasted potatoes
- ★ Herb butter mushrooms
- ★ Grilled asparagus
- ★ Creamy garlic peas
- ★ Fresh garden salad



BENEFITS OF THE HERBS



Rosemary:

Contains antioxidants and adds a savory aroma.



Thyme:

Provides flavor and beneficial plant compounds.



Parsley:

Adds freshness and contains vitamins A, C, and K.



Garlic:

Contributes flavor and naturally occurring sulfur compounds.

Enjoy this steak with a sprinkle of extra fresh parsley and a lemon wedge for a bright finish!

