

# CRUNCH TIME

## Cooking Steak And Salad



**Serve information: 1 plate of steak and salad**

### **INGREDIENTS:**

1 raw steak  
50ml olive oil  
Salt  
Pepper  
Iceberg lettuce  
1 tomato  
1 cucumber  
1 avocado

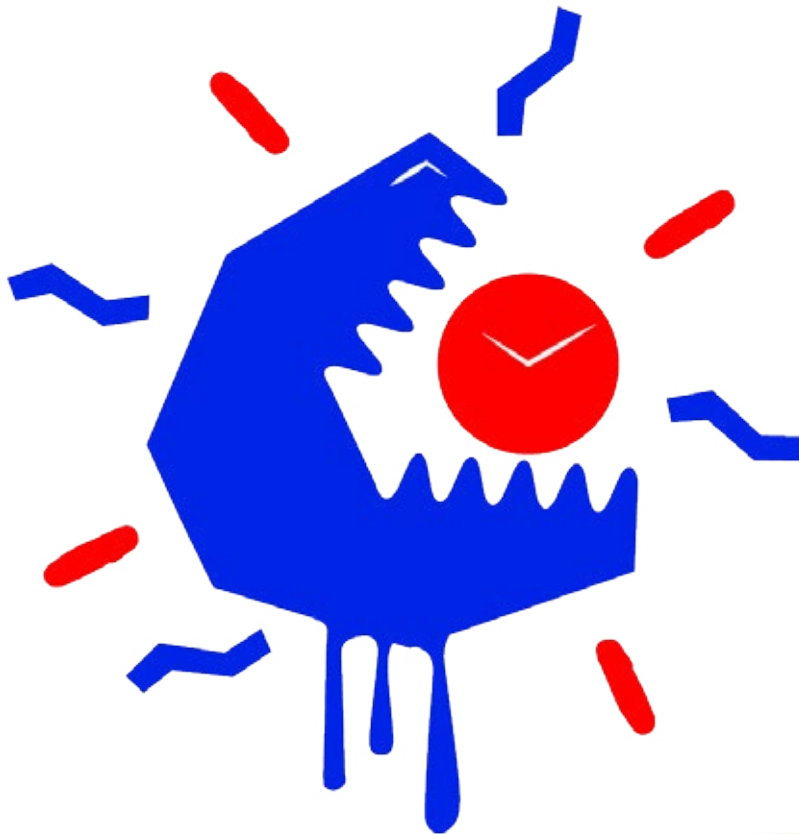
### **EQUIPMENT:**

Recipe card  
Tongs  
Chopping board  
Sharp knife  
Fry pan  
Serving plate



## METHOD:

1. Ask for permission or supervision to use the kitchen. Read the recipe. Get all the ingredients out. Get all the equipment out.
2. Pick the right pan.
3. Be a safe cook and always turn your pan handles to the side so you don't accidentally knock the pan onto the floor.
4. Heat up the pan before you start cooking. Add enough oil to lightly coat the bottom of the pan and allow to heat before adding the food.
5. Cook the meat on the first side, season with salt and pepper, and wait until you see it browning around the edges. Flip the meat to the other side until done to your liking.
6. Remove from pan and allow to rest. Don't slice into right away because all the juices will spill out making it dry
7. Prepare the salad ingredients and serve with the cooked steak



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