

Certified Hereford Beef Rib Eye Steak

Mediterranean Style

Ingredients:

- 1 ½ tsp. Fresh Garlic (chopped)
- 1 ½ tsp. Fresh Oregano (chopped)
- 1 ½ tsp. Fresh Basil (chopped)
- ½ tsp. Sea Salt
- ⅛ tsp. Fresh Ground Black Pepper
- 2 ea. C.H.B. 10 oz Rib Eye Steaks
- 1 tbsp. Olive or Vegetable Oil
- 1 tbsp. Fresh Lemon Juice
- 2 tbsp. Crumbled Feta or Blue Cheese
- 1 tbsp. Sliced Greek Olives



Directions:

In a small bowl, combine the first five ingredients; rub onto both sides of steaks. In a large skillet, cook steaks in oil for 5-6 minutes on each side or until meat reaches desired doneness (for medium-rare a meat thermometer should read 145 degrees F, medium, 160 degrees F, well-done, 170 degrees F). Sprinkle with lemon juice, cheese and olives. Serve immediately.

Yield: 2 Servings