

## The Quickest Way I Make Restaurant-Quality Steak at Home (With Zero Stress)

Air fryer = consistent results:



**OVEN**  
**400°F**

**TIME**  
**5 mins**

**TEMP**  
**145°F**

**METHOD**  
**Air fryer**

### INGREDIENTS

2 boneless steaks (ribeye, sirloin, or your favorite cut)  
1 tbsp olive oil  
½ tsp garlic powder  
½ tsp onion powder  
½ tsp smoked paprika  
Salt and freshly ground black pepper, to taste  
Optional: Fresh herbs (like thyme or rosemary) for garnish  
Optional: Herb butter or lemon wedges for serving

### DIRECTIONS

- 1.** Preheat the Air Fryer: First, I preheat my air fryer to 400°F (200°C). Most models take just 3-5 minutes, and it's worth it for a proper sear.
- 2.** Season the Steaks: While the air fryer heats up, I pat the steaks dry with paper towels - moisture is the enemy of a good crust. Then I rub them all over with olive oil and season both sides with garlic powder, onion powder, smoked paprika, salt, and black pepper. I press the seasoning into the surface for maximum flavor.
- 3.** Into the Air Fryer: I place the steaks in the air fryer basket in a single layer. If I'm doing more than two, I work in batches so the hot air can circulate evenly. No overlapping - that's the golden rule.
- 4.** Cook to Perfection: I air fry the steaks for 10-12 minutes total, flipping halfway through. For a medium doneness, 5-6 minutes per side works perfectly for most 1-inch-thick steaks. For thinner cuts, I shave off a minute or two; thicker ones might need closer to 14 minutes total. I always use a meat thermometer if I want to be precise:
- 5.** Rare: 120-125°F
- 6.** Medium-rare: 130-135°F
- 7.** Medium: 140-145°F
- 8.** Rest and Finish: Once the steaks are done, I transfer them to a plate and let them rest for 5 minutes. This keeps the juices from running all over the cutting board and ensures every bite stays tender. I sometimes add a pat of herb butter or squeeze on a little lemon juice for brightness. A sprinkle of fresh herbs takes it over the top.

