

# Core Cooking with Mandie Shockley

---

## Grilled Herb Crusted Steak & Romaine Lettuce



### **INGREDIENTS**

*Serves 2*

8-16 ounces top round or other lean cut of grass fed organic beef

1 Tablespoon dried rosemary

1 Tablespoon dried thyme

1 Tablespoon fresh cracked black pepper

½ teaspoon pink Himalayan salt

2 garlic cloves

½ teaspoon olive oil

1 head of romaine lettuce

### **INSTRUCTIONS**

Mince garlic cloves or use a grater or zester and combine with rosemary, thyme, black pepper, salt and olive oil in a small bowl. Rub spices all over beef and let sit while you prep the lettuce (The longer this sits, the more the spices will flavor the meat).

Slice romaine lettuce head in half lengthwise. Rinse and remove any browned pieces. Blot a paper towel with a small amount of oil and rub it on the lettuce. Sprinkle a little Himalayan salt and black pepper on the lettuce.

Turn grill on to medium-high. Place steak in center and cook to desired temperature (rare, medium-rare, well done). After flipping steak, add romaine lettuce to grill. Leave top open and grill until just charred around the edges.

Top romaine with desired salad dressing\* or enjoy by itself.

\*Video shows Dijon mustard & shallot vinaigrette.