

Amber's Steak

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Makes 3 servings

Serving Size: 56 g

Protein per serving: 1.6 g

Calories: 79 calories



Ingredients

- 2 tsp Canola Oil
- 175 g Universal Ground Beef
- 2 tsp Cambrooke Foods Burger Patty Mix
- 1/2 tsp Olive Oil
- 1/2 tsp Steak Seasoning of choice

Directions

1. Preheat the canola oil in a skillet over medium heat. In a bowl combine all ingredients and mix together using a spatula or your hands. Using your hands, form mixture into the shape of a steak. It should be able to hold its shape, but still be moist.
2. Gently place the steak into the preheated skillet. Allow to sear for five minutes until browned. Flip steak over and cook for another few minutes until browned. Serve hot with choice of sides.