Tips for the BEST steak

• Buy the best quality meat you can afford

• Bring your steaks to room temperature (take out of fridge 1-2 hours before cooking)

• Season with salt and pepper before cooking

• Preheat pan at a high temperature

• Cook each side for approximately 4-6 minutes, only turning once.

• Ensure you rest the steak for 6-7 minutes before eating.