

Air Fryer Steak



Alyssa Rivers

This Air Fryer Steak is impeccably seared on the outside and tender juicy on the inside. Cooking steak in an air fryer will create extra flavor and a delicate texture to truly satisfy!

★★★★★ 4.93 from 14 votes



PREP TIME
10 mins

COOK TIME
20 mins

TOTAL TIME
30 mins



COURSE
Dinner, Main Course

CUISINE
American

SERVINGS
2 Steaks



CALORIES
506 kcal

INGREDIENTS

- 1-2 Ribeye New York, or Tri Tip Steaks (1 inch thick)
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- salt and pepper

Garlic Herb Butter:

- 1/4 cup butter softened
- 1 garlic clove minced
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh thyme
- 1 teaspoon fresh parsley

INSTRUCTIONS

1. Preheat the air fryer to 400 degrees. Prepare the steaks by rubbing olive oil on each side. Rub the Italian seasoning, and salt and pepper on each side.
2. Add the steak to the air fryer basket and cook for 12 minutes, turning over after 6 minutes for medium. Let the steak rest for 10 minutes and top with garlic butter.

NUTRITION

Calories: 506kcal
Fat: 46g
Sodium: 262mg
Sugar: 1g
Calcium: 31mg

Carbohydrates: 1g
Saturated Fat: 23g
Potassium: 303mg
Vitamin A: 757IU
Iron: 2mg

Protein: 23g
Cholesterol: 130mg
Fiber: 1g
Vitamin C: 2mg

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