

GRILLED STEAK

INGREDIENTS

- Protein of your choice
- Asparagus
- Jasmine rice
- Lawry's Seasoned Salt
- Pepper
- Soy sauce
- Salt

INSTRUCTIONS

- Wagyu shmagyu. The store-brand beef is fine. (Wood Farms is better! ;-)) For chicken, get the organic.
- Hot coals.
- Evenly distribute your steaks above the heat, then give your Lawry's Seasoned Salt a generous shake, followed with freshly ground peppercorns. Cover.
- After five minutes, flip.
- Once again, give your Lawry's Seasoned Salt a generous shake, followed with freshly ground peppercorns.
- Grill five more minutes.*
** Three more minutes per side for chicken.*
- Pull it, and quickly cover with foil to rest for ten minutes.
- While the protein finishes, grill your asparagus in the same way, but at just two minutes per side.
- Serve with steamed rice with a touch of soy sauce.
- Give each individual bite a shake of sea salt, to taste.