
Peppercorn-Crusted Steak for One (Low FODMAP)

A restaurant-quality pepper-crusted steak ready in minutes. Perfect for solo dining without the fuss, this juicy sirloin proves cooking for one can be luxurious.

Prep: 7 min

Cook: 8 min

Total: 20 min

Servings: 1

Low FODMAP ✓

Ingredients

200g, at room temperature sirloin steak

1 small, lightly beaten free-range egg

2 tsp coarsely ground black pepper

1 tbsp olive oil

2 cups, for serving lettuce, spinach, or arugula

50g sliced, for serving cucumber

1 tbsp, for dressing lemon juice

pinch, to taste salt

Instructions

Step 1: Prepare the steak

(5 min)

Remove the steak from the refrigerator 15-20 minutes before cooking to bring it to room temperature, which ensures even cooking. Pat the steak completely dry with paper towels—this is crucial for achieving a good sear. Crack the egg into a shallow dish and beat it lightly with a fork until the white and yolk are just combined. Place the coarsely ground black pepper on a separate plate.

Step 2: Coat the steak

(2 min)

Dip the steak into the beaten egg, turning to coat both sides completely. Let any excess egg drip off, then immediately press both sides of the steak into the ground pepper. Use your hands to gently press the pepper into the meat, ensuring an even coating that will create a flavorful crust. The egg acts as a binding agent, helping the pepper adhere during cooking.

Step 3: Sear the steak

(8 min)

Heat the olive oil in a non-stick frying pan over medium-high heat until it shimmers but doesn't smoke. Carefully place the pepper-coated steak in the hot pan—it should sizzle immediately. Cook without moving for 4 minutes to develop a deep golden-brown crust. Flip the steak using tongs and cook for another 4 minutes for medium-rare, or adjust timing to your preference: 3 minutes per side for rare, 5 minutes for medium.

Step 4: Rest and serve

(5 min)

Transfer the cooked steak to a clean plate and let it rest for 5 minutes. This resting period allows the juices to redistribute throughout the meat, ensuring every bite is tender and juicy. While the steak rests, prepare your green salad with lettuce, spinach, arugula, and cucumber. Dress with 1 tablespoon each of olive oil and lemon juice, plus a pinch of salt. Slice the steak against the grain if desired, and serve immediately alongside the fresh salad.