

# Pan Seared Filet Mignon



## INGREDIENTS:

- \* 2 8oz filet mignons
- extra-virgin olive oil
- 1 teaspoon kosher salt
- 1 teaspoon garlic salt
- 1 tablespoon black pepper

## DIRECTIONS:

Season steaks generously with salt, garlic salt, and black pepper mixture.

Preheat your oven to 375 degrees.

Add olive oil to a large cast-iron skillet over high heat. Once the oil is hot, add the meat and sear all sides and edges until browned (about 15-30 seconds per side) to seal in the juices.

Place skillet with steaks in the oven for 6 to 8 minutes or until internal temperature of meat reaches 120 degrees. Remove from oven and let stand for 3 to 4 minutes, allowing the meat to reach an internal temperature of 135 degrees – a perfect medium rare.



PREP TIME  
**5 MINS**



COOK TIME  
**15 MINS**



SERVES **2**

\**Find these savory steaks on [Porterandnyork.com](http://Porterandnyork.com)* »





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