

Thyme Grilled Steak

Juicy thyme grilled steak marinated in garlic, paprika and fresh herbs. Perfect for barbecue season with restaurant-quality flavor at home.

15 min

PREP

30 min

COOK

45 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Thyme Grilled Steak

Ingredients

- 4 clove garlic
- 1 tbsp chili flakes
- 1 tbsp fresh oregano
- 3 tbsp olive oil
- 1 lemon
- 4 steak
- 1 tsp sea salt
- 1 tsp black pepper

Instructions

- 1 Prepare the Marinade**

Crush 4 garlic cloves with the flat side of a knife and mince finely. Combine the minced garlic with 1 tablespoon paprika, 1 tablespoon fresh thyme leaves, 3 tablespoons olive oil, 1 teaspoon salt, and 1 teaspoon black pepper in a bowl.
- 2** Gently bash the thyme leaves with a rolling pin or the back of a spoon to release their oils before mixing into the marinade. Whisk all ingredients together until well combined.
- 3 Marinate the Steaks**

Place 4 steaks in a large bowl and coat thoroughly with the marinade, rubbing it into all surfaces. Cover the bowl and refrigerate for at least 2 hours or overnight for best flavor.
- 4 Prepare for Grilling**

Remove steaks from refrigerator 30 minutes before cooking to bring to room temperature. Preheat your grill to high heat (230-260°C / 450-500°F).
- 5** Clean and oil the grill grates to prevent sticking. Remove steaks from marinade and pat dry with paper towels, leaving some herb pieces clinging to the surface.
- 6 Grill the Steaks**

Place steaks on the hottest part of the grill and cook for 4 minutes without moving them to develop good sear marks.
- 7** Flip steaks and grill for another 3-4 minutes for medium-rare, or until they feel firm but still slightly springy when pressed with tongs.

Transfer steaks to a cutting board and tent loosely with foil. Let rest for 5 minutes to allow juices to redistribute before serving.

Tips

Bring steaks to room temperature 30 minutes before grilling for more even cooking throughout.

Create diamond-pattern grill marks by rotating steaks 45 degrees halfway through cooking on each side.

Let steaks rest for 5 minutes after grilling to allow juices to redistribute for maximum tenderness.

Bash thyme leaves gently with a rolling pin or knife handle to release more aromatic oils into the marinade.

Keep a spray bottle of water nearby to control flare-ups without moving the steaks unnecessarily.

Use tongs instead of a fork when turning steaks to avoid piercing and losing precious juices.

For extra flavor, brush steaks with reserved marinade during the last minute of cooking.