

Perfect Ribeye Steak with Gremolata

Hands-on 15 minutes Overall 25 minutes



Nutritional values (per serving, 1 steak with gremolata): Total carbs: 1.8 g, Fiber: 0.5 g,

Net carbs: 1.3 g, Protein: 38.1 g, Fat: 62.2 g, Calories: 722 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 2 servings)

Steaks:

2 small ribeye steaks (400 g/ 14.1 oz)

sea salt and pepper, to taste

1 tbsp [ghee](#) (15 ml)

Gremolata:

4 tbsp freshly chopped parsley

2 cloves garlic, mashed

2 tsp freshly grated organic lemon zest

3 tbsp [ghee](#) or [extra virgin olive oil](#)

Instructions

1. Allow the steak to sit at room temperature for 10-15 minutes. Using a paper towel, pat the excess blood off. Toss with some melted ghee and season with salt and pepper. The ghee may solidify even at room temperature which is perfectly normal. (Note: Make sure you season the steak after you toss it with oil. You don't want to wash the seasoning off.)
2. Prepare the Gremolata by mixing the melted ghee (or olive oil), freshly chopped parsley, crushed garlic and finely grated lemon zest. Season with salt to taste. Set aside for later. If using ghee, keep warm or it may solidify.
3. Fry in a very hot heavy based pan over a *high heat* for 2-4 minutes on each side to let the meat caramelize and seal in the juices. When you see the sides getting brown, it's time to flip it over. The exact time depends on the size of your steak. Small would take 2 minutes, while large up to 4 minutes to brown. *Reduce to a medium heat* and continue to cook for further 4 minutes (rare), 7 minutes (medium), 11 minutes (well done). There is no need to turn the steak again. If you use a thermometer, the steak should read 52-60 °C/ 125-140 °F (rare to medium-rare).
4. Remove the steak from the pan and allow it to rest in a warm place

for 5-7 minutes. The steak will finish cooking in the residual heat as the temperature slowly goes down. The best way to rest the steak is to fold it up in parchment paper and then in a kitchen towel. This will keep it juicy and equally pink inside.

5. When ready to be served, place on a serving plate.
6. Serve with the Gremolata and try [Creamy Keto Mash](#). If serving with keto mash, you won't need to add any ghee on top of the mash - use the Gremolata instead!

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)