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Air Fryer Cube Steak (Quick, Juicy & Ready in 15 Minutes!)

If you're looking for a budget-friendly, protein-packed, flavorful dinner that cooks in minutes, this Air Fryer Cube Steak will be your new weeknight hero! With just simple seasoning and a quick air fryer cook, you get tender, juicy steaks in under 15 minutes — perfect for busy families across the UK, USA, Canada, and Germany.

This recipe is incredibly easy, requires minimal prep, and delivers BIG flavour every time.

□ Why You'll Love This Recipe

- Ready in just 15 minutes — perfect for fast dinners
- Simple ingredients most kitchens already have
- Healthier than pan-frying
- Juicy, tender and perfectly seasoned
- Budget-friendly and great for meal prepping

□ Quick Recipe Overview

- Prep Time: 2 minutes
- Cook Time: 9 minutes
- Rest Time: 5 minutes
- Total Time: 16 minutes

- Course: Main Course
- Cuisine: American
- Servings: 4 Steaks
- Calories: 318 kcal

Ingredients

- 4 cube steaks (4–6 oz each)
- Montreal Steak Seasoning, to taste
- Nonstick cooking spray



Air Fryer Cube Steak

How to Make Air Fryer Cube Steak

1. Prep the Air Fryer
   Spray the inside of the air fryer basket with nonstick spray.

2. Season the Steaks
   Place cube steaks on a plate, spray lightly with cooking spray, and season one side.

3. Load the Air Fryer
   Lay steaks seasoned side down in a single layer. Spray and season the top side.

4. Cook
   Air fry at 380°F (193°C) for 6 minutes, flip, then cook for 3–4 more minutes until your preferred doneness.

5. Rest & Serve
   Let the steaks rest for 5 minutes to stay juicy before serving.

Notes

- Cooking time may vary based on steak thickness.
- For extra tenderness, let cube steaks come to room temperature before cooking.
- Pair with mashed potatoes, roasted veggies, garlic bread, or a fresh green salad.

Nutrition (Per Steak)

- Calories: 318
- Protein: 35g
- Fat: 19g
- Saturated Fat: 7g
- Cholesterol: 122mg
- Sodium: 102mg
- Potassium: 570mg
- Calcium: 39mg
- Iron: 3mg

❤ We Love Your Feedback!

If you tried this recipe, leave a comment or review — it helps others discover it too!

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