

Imagine the tantalizing aroma of tender seasoned steak bites in a luscious garlic butter sauce, all prepared to perfection. Now, picture this mouthwatering delight ready in just minutes in your air fryer.

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Ingredients in Garlic Butter Steak Bites

To prepare these yummy garlic butter steak bites, here are some notes on the ingredients used:

1. **Steak Choice:** I prefer using sirloin steak, making sure to trim any visible fat before slicing it into bite-sized pieces. Feel free to choose any steak cut you prefer, but it should be suitable for quick cooking. Avoid using stewing steak, as it requires slow, long cooking.
2. **Seasonings:** For added flavour, I use paprika, onion powder, and a pinch of red chili flakes. If you don't like spicy heat, you can omit the chili flakes.
3. **Low-Calorie Spray:** Use a non-emulsifier-based low-calorie cooking spray to avoid any sticky residue. Emulsifiers can react with non-stick cookware.
4. **Garlic:** I opt for jarred minced garlic (or lazy garlic) for convenience.
5. **Butter:** I recommend using salted butter for extra flavour. Avoid margarine or low-fat spreads as they won't provide the same richness. (The clue is in the name of the recipe after all).
6. **Parsley:** Fresh chopped parsley works best in this recipe, but you can use dried if it's all you have. Just use less, as dried herbs can be more potent and bitter if used excessively.
7. **Salt and Pepper:** These essential flavour enhancers play a crucial role in elevating the taste of your dishes. We use them to season the steak bites and recommend using them to season the final dish to taste as well. They ensure your food is never bland when used appropriately.

Once you've gathered all the ingredients and prepared them accordingly, you're all set to create this easy and delightful recipe.

See the recipe card for specific quantities and instructions.

Importance of Preheating your Air Fryer

For certain recipes, like cooking steak in your air fryer, preheating is a crucial step to achieve the perfect sear without overcooking.

Think of it as similar to never adding steak to a cold pan on the stovetop.

To get your air fryer hot and ready, simply preheat it. If your air fryer doesn't have a specific preheat button, you can achieve the same effect by setting it to air fry at the desired temperature for the recommended preheating time without any food inside.

Cooking Garlic Butter Steak Bites

This recipe is incredibly simple and fast. First, we cook the seasoned steak on the grill pan to achieve the perfect sear and color.

Next, we remove the grill pan, making sure to reserve any juices in the basket. Then, we add the steak bites directly into the basket, along with the garlic butter mixture, and cook for an additional couple of minutes to infuse all those delicious flavors.

- Prep Time: 10 minutes
- Cook Time: 8 minutes
- Total Time: 18 minutes
- Yield: 4 1x
- Category: Main

Ingredients

- 650g (22.9oz) of sirloin (or your steak of choice) trimmed of visible fat and cubed

- 1 teaspoon of sweet paprika
- ½ teaspoon of salt
- ½ teaspoon of black pepper
- ½ teaspoon of onion powder
- pinch of red chilli flakes (optional)
- low calorie spray
- 2 teaspoons of minced garlic (or lazy garlic)
- 2 tablespoons of salted butter, melted
- 1.5 tablespoons of fresh parsley, chopped (and additional to garnish)

Instructions

1. Season the Steak: Place the steak pieces in a bowl and add the paprika, salt, pepper, onion powder, and a pinch of red chili flakes. Toss the steak until it's evenly coated with the seasonings.
2. Apply Low-Calorie Spray: Spray the seasoned steak pieces with a low-calorie cooking spray and toss them again to ensure an even coating.
3. Preheat the Air Fryer: Preheat your air fryer to 200°C (400°F) for 5 minutes.
4. Air Fry the Steak: Arrange the seasoned steak pieces on the grill plate in the air fryer. Air fry them for 6 minutes, turning the pieces halfway through the cooking time.
5. Remove and Save Juices: Take the cooked steak pieces out of the air fryer and remove the grill plate, but leave the juices in the bottom of the basket as they will become the sauce.
6. Flavour Infusion: Put the cooked steak bites back into the air fryer along with the minced garlic, butter, and parsley. Toss to coat the steak bites in the flavor mixture and air fry for an additional 1-2 minutes, allowing the steak bites to absorb the flavors.
7. Final Touch: Sprinkle a little more fresh parsley over the dish and season with additional salt and black pepper to taste.
8. Serve and Enjoy! Your delicious steak bites are now ready to be served with your favourite sides and enjoyed.