

Filet Mignon for 2

Ingredients:

2 (6 oz) beef tenderloin filet mignon steaks
Olive oil
Kosher salt and fresh cracked pepper

Directions:

1. Let the steaks rest on the counter to come up to room temperature at least 30 minutes before ready to cook
2. Preheat the oven to 400°F.
3. Spray the steak lightly all over with olive oil or rub lightly with olive oil then season both sides generously with kosher salt and black pepper.
4. When the oven is ready, heat the skillet over high heat until the pan is very hot.
5. When hot, add the steaks and cook, without moving for 2 1/2 minutes. Turn and cook an additional 2 to 2-1/2 minutes.
6. Place the steaks in the oven for about 4 to 5 minutes, then check them with the meat thermometer inserted into the side of the steak.
7. Remove when the steaks read 125° F for Medium Rare, or 130° F for medium.
8. Let them rest 5 to 10 minutes before serving (meat temperature will rise 5 to 10 degrees after it is removed from the oven). Meanwhile make the **Chimichurri Sauce** in a small processor.