



AB's Hot Honey Steak Bites

Great for the BBQ or Airfryer. The hot honey sauce can be used with steak or chicken. Adjust the chilli heat to suit.

PREP TIME: 15 MIN

COOK TIME: 20 MINS

INGREDIENTS

- 1kg sirloin steak (swap for chicken)
- 2 tsp sea salt
- 1 tsp pepper
- 2 tsp finely diced garlic
- 1 tsp olive oil
- 2 tbsp butter
- 1 tbsp hot chilli sauce
- 2 tbsp Tea Tree honey
- 1/2 tsp paprika
- 1/4 tsp cayenne pepper
- 1/4 tsp chilli flakes

1. Dice sirloin steak (or chicken) into cubes (approx 2cm)
2. Add steak to bowl with sea salt; pepper; diced garlic and olive oil. Mix well to ensure the steak is coated
3. Pan fry till steak cubes are cooked to your preference or cook on greased tray in air fryer for 10-12 min at 200°C. Set steak aside on plate to rest
4. In the frying pan, add butter, hot sauce, Tea Tree honey, paprika, chilli flakes and cayenne pepper, stir until just melted, do not over heat
5. Add cooked steak into the frying pan, ensure steak is well coated and serve



Accompany with Tzatziki and your favourite salad