

# Pan-Seared Thyme Lamb Steaks

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-lamb-steaks-recipe>

## Ingredients:

- 4 lamb steaks center-cut, approx. 3 lbs., can substitute beef ribeye
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder granulated onion
- 4 teaspoons fresh thyme minced
- 1 tablespoon olive oil

## Nutrition:

1. Calories: 1800 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 485 milligrams
4. Fat: 146 grams
5. Protein: 116 grams
6. SaturatedFat: 62 grams
7. Sodium: 1010 milligrams

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