

OvenBaked Beef Tagliata

Jacob · 28/09/2024

**Prep Time**

10 mins

Difficult

Medium

Servings

50 mins

Description

This beef tagliata cooks in the oven and is perfect for those following a lowcarb diet

Ingredients

- - 3 large cloves garlic
- minced - 2 teaspoons finely chopped fresh rosemary - 1 teaspoon chopped fresh oregano - 1 tablespoon sea salt
- divided - 2 teaspoons ground black pepper
- divided - 2 (1 1/2) pounds sirloin steaks
- about 1 1/2-inches thick - 1 tablespoon extra-virgin olive oil - 6 cups loosely packed arugula - 2 teaspoons extra virgin olive oil - 1 teaspoon lemon juice - ¼ lemon
- sliced - 2 ounces Parmesan cheese
- shaved

Instructions

1. Place a cast-iron skillet in the oven and preheat the oven to 350 degrees F (175 degrees C). Combine garlic
2. rosemary
3. oregano
4. 1 1/2 teaspoons salt
5. and 1/2 teaspoon pepper in a small bowl. Rub spice mixture all over the steaks. Remove the skillet from the oven and add 1 tablespoon oil. Add steak and return to the preheated oven. Cook until steaks is browned on both sides
6. turning after 10 minutes
7. about 20 minutes total. Transfer steak to a cutting board and let rest for 10 minutes; then slice. Spread arugula on a platter and top with steak slices. Drizzle with 2 teaspoons olive oil and lemon juice and top with Parmesan cheese.