

DINNER

Italian Sirloin Steaks

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$8.40	1,136 kcal

The recipe Italian Sirloin Steaks is ready in about 45 minutes and is definitely an outstanding gluten free, dairy free, paleolithic, and primal option for lovers of Mediterranean food. One portion of this dish contains roughly 94g of protein, 81g of fat, and a total of 1136 calories.

Ingredients

- | | |
|--|---|
| ☐ 2 teaspoons dried basil | ☐ 2 teaspoons dried parsley |
| ☐ 1 teaspoon dried rosemary | ☐ 4 garlic cloves, pressed |
| ☐ ¼ cup olive oil | ☐ 2 teaspoons dried oregano |
| ☐ 1 teaspoon pepper | ☐ 1¼ teaspoons salt, divided |
| ☐ 4 pounds (3/4-inch-thick) top-sirloin steaks (about | |

EQUIPMENT Bowl, Grill

Method

- 1 Stir together first 6 ingredients in a small bowl.
- 2 Sprinkle steaks evenly with 1 teaspoon salt and pepper; rub with garlic mixture. Cover and chill steaks at least 2 hours.
- 3 Sprinkle steaks evenly with remaining 1/4 teaspoon salt.
- 4 Preheat a two-sided contact indoor electric grill according to manufacturer's instructions on HIGH.
- 5 Place steaks on grill rack, close lid; grill 7 to 9 minutes (medium-rare) or to desired degree of doneness.

- 6 Cut steaks in half.
- 7 Note: When using an outdoor gas or charcoal grill, grill steaks, covered with grill lid, over medium-high heat (350 to 400°F) for 4 to 5 minutes on each side or until desired degree of doneness.
- 8 minutes on each side or until desired degree of doneness.

Nutrition per serving

1,136

KCAL

94 g

PROTEIN

81 g

FAT

2 g

CARBS

Saturated Fat	29.2 g · 182% of daily needs
Fibre	0.8 g · 3% of daily needs
Sugar	0.1 g · 0% of daily needs
Sodium	973 mg · 42% of daily needs
Cholesterol	254 mg · 85% of daily needs
Vitamin C	1 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/italian-sirloin-steaks-148417