

one™



Chilli Rubbed Steak

INGREDIENTS:

- 1 Tbsp ONE Malawian Bird's Eye Chilli Grinder
- 1 tsp ground cumin
- 1 tsp paprika
- Salt and black pepper to taste
- 2 steaks (your choice of cut)

INSTRUCTIONS:

1. In a small bowl, mix together the **ONE Malawian Bird's Eye Chilli Grinder**, cumin, paprika, salt, and black pepper.
2. Rub the spice mixture onto both sides of the steaks, ensuring they are evenly coated.
3. Heat a grill or skillet over medium-high heat and cook the steaks to your desired level of doneness.
4. Allow the steaks to rest for a few minutes before serving.

