



Pan Seared Filet Mignon with Garlic Butter

Recipe by Chef Shamy

Course: **Dinner**

Servings
4 servings

Prep time
2 minutes

Cooking time
15 minutes

Ingredients

- 4 (8 oz) Filet Mignon steaks
- 2 T olive oil
- 2 tsp salt
- 1 tsp fresh pepper
- 4 T [Chef Shamy Parmesan Basil Garlic Butter](#)

Directions

- 1 Preheat oven to 400° F
- 2 Season steaks with salt and pepper on both sides.
- 3 Heat olive oil in an oven safe skillet until piping hot. Gently lay steaks into the pan, and sear, 1-2 minutes each side.
- 4 Place pan in the oven and cook 7-10 minutes, or until it reaches your preferred level of doneness.
- 5 Take out of the oven and place 1 T of Garlic Butter on top of each steak, and allow it to melt.
- 6 Rest for 5 minutes, then serve.

Notes

- Rare
120°-125°F (49°-51°C)
Medium Rare
130°-135°F (55°-57°C)
Medium
140°-145°F (60°-63°C)
Medium Well
150°-155°F (65°-69°C)
Well Done
160°-175°F (71°C)

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