

Marinated Flank Steak



Cooking time: 20 mins plus marinating time
Serves: 4

how to cook

- 1 In a medium bowl, mix the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, mustard, garlic, and ground black pepper.
- 2 Place meat in a shallow glass dish.
- 3 Pour marinade over the steak, turning meat to coat thoroughly. Cover, and refrigerate for 6 hours.
- 4 Preheat grill for medium-high heat. Oil the grill grate.
- 5 Place the steak on the grill, and discard the marinade. Grill meat for 5 minutes per side, or as desired. Slice thinly to serve.

what you need

- 680g John Penny flank steak
- 120 ml vegetable oil
- 80 ml soy sauce
- 60 ml red wine vinegar
- 30 ml fresh lemon juice
- 20 ml Worcestershire sauce
- 15 ml Dijon mustard
- 2 cloves garlic, minced
- 1 g ground black pepper