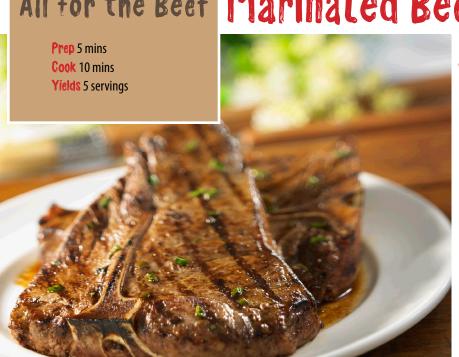


Teriyaki Temptation
All for the Beef Marinated Beef Steak



Shopping List

Beef grilling or marinating steak Worcestershire sauce Soy sauce Rice vinegar Vegetable oil Liquid honey Garlic powder Sesame oil Ground ginger Green onion

Ingredients

1/4 cup (50 mL) Worcestershire sauce

¼ cup (50 mL) soy sauce

1 tbsp (15 mL) rice vinegar

1 tbsp (15 mL) vegetable oil

1 tsp (5 mL) liquid honey

1 tsp (5 mL) garlic powder

1 tsp (5 mL) sesame oil

½ tsp (2 mL) ground ginger

1 green onion, sliced

1 lb (500 g) grilling or marinating steak,

1 inch (2.5 cm) thick

Instructions

- 1. Combine Worcestershire sauce, soy sauce, vinegar, oil, honey, garlic powder, sesame oil, ginger and green onion in a zippertype plastic bag.
- 2. Pierce meat all over with fork. Place in bag with marinade; refrigerate for 30 minutes (for grilling steaks) or from 4 to 8 hours (for marinating steaks).
- 3. Pat steak dry. Grill, broil or pan-fry using medium-high heat, turning at least twice, for 10 to 12 minutes for medium-rare doneness 145°F (63°C).



Teriyaki Temptation Marinated Beef Steak



Marinades can be used to change the flavours of grilling or marinating steaks.

Source of iron (13% DV) and excellent source of zinc (46% DV), 3% DV sodium.

Nutrition Facts per serving			
Amount			
Calories	113		
Protein	18 g		
Fat	4 g		
Carbohydrate	0.3 g		

notes			

Recipe and image courtesy of Canada Beef https://canadabeef.ca/recipe/teriyaki-temptation-marinated-beef-steak/