

MUSTARD & BALSAMIC LONDON BROIL

Recipe from Aggie's Kitchen



QUICK

About 5 minutes
prep time

HEALTHY

High in protein and
Vitamin B12, which
keeps blood cells
healthy and
prevents tiredness

FAMILY

Feeds 3-4

MEALS

This is delicious
cooked on the
BBQ as well as
under the grill or
in the oven

INGREDIENTS

- London Broil - approx. 0.5 kg
- 45 ml balsamic vinegar
- 2 tbs Dijon mustard
- 1 tbs Worcester sauce (it contains fish so choose the veggie one if you don't mix fish and meat)
- 4 garlic cloves
- S&P

METHOD

1. Put the oven on to 180°C
2. Make the marinade by mixing all of the ingredients (except the broil) in a strong resealable food bag
3. Mix well
4. Add the London Broil and allow to marinade overnight or for as long as possible
5. Grill, BBQ or roast for approx. 8 mins per side – if you want it rare
6. Allow to rest for 5-10 mins before cutting and serving



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To watch a video showing how this is made or to explore more
Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com