

THYME & ONION LONDON BROIL



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 in
the oven

INGREDIENTS

- 750g -1 kg London Broil
- 1 red onion
- 2.5 tbs soy sauce
- 1 tbs dried or fresh thyme leaves
- 1 tbs olive oil
- Juice of 1 lemon
- 1 large strong plastic bag
- Optional – fresh herbs to serve

METHOD

- 1) Chop your onion into small pieces and put into the large resealable bag
- 2) Add the soy sauce, thyme, oil and lemon juice
- 3) Mix
- 4) Add the London Broil
- 5) Massage the marinade into the meat and leave in the fridge for 4-5 hours but over night if possible
- 6) When ready to cook it, put the oven on to 180°C
- 7) Tip it all into an ovenproof dish
- 8) Cook for 16 mins (if you like it rare) 20 mins if you like it medium and 25 mins if you like it well done
- 9) LET IT REST FOR 5-10 mins. Remember it will continue to cook
- 10) Slice it, lay on a plate, pour the sauce over
- 11) Sprinkle with fresh herbs and serve



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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