

# LONDON BROIL MARINADED WITH THYME & ONION



## 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

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

## METHOD

- 1) Put the oven on to 180°C
- 2) Chop your onion into small pieces and put into the large resealable bag
- 3) Add the soy sauce, thyme, oil and lemon juice
- 4) Mix
- 5) Add the London Broil
- 6) Massage the marinade into the meat and leave in the fridge for 4-5 hours but over night if possible
- 7) When ready, 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 ON A BOARD 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](http://www.quickhealthyfamilymeals.com)