



## All for the Beef

Prep 5 mins

Cook 10 mins

Yields 5 servings

# Teriyaki Temptation 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

¼ 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 zipper-type 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).



## Recipe Card

# 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              |       |
|---------------------|-------|
| <b>Calories</b>     | 113   |
| <b>Protein</b>      | 18 g  |
| <b>Fat</b>          | 4 g   |
| <b>Carbohydrate</b> | 0.3 g |

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