

Easy Steak Marinade with Soy, Lemon & Garlic

Say goodbye to bland beef-this



TIME
5 min

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ChefManiac

INGREDIENTS

- 1/2 cup olive oil
- 1/3 cup soy sauce
- 1/4 cup lemon juice
- 1/4 cup Worcestershire sauce (or more soy if needed)
- 1 tbsp Dijon mustard
- 1 tbsp garlic, minced
- 2 tbsp fresh parsley, chopped
- 1 tsp black pepper
- 1 tsp onion powder

DIRECTIONS

1. Prepare the Marinade: In a bowl or measuring cup, whisk together:
2. Olive oil
3. Soy sauce
4. Lemon juice
5. Worcestershire sauce
6. Dijon mustard
7. Garlic
8. Parsley
9. Black pepper
10. Onion powder
11. Mix until well combined.
12. Marinate the Steak: Place steaks (any cut) in a resealable plastic bag or shallow dish. Pour marinade over the meat, making sure it's fully coated.
13. Seal the bag or cover the dish and refrigerate for at least 2 hours, or overnight for maximum flavor.
14. Grill or Cook: Remove steak from the marinade and discard any leftover liquid. Grill, pan-sear, or broil the steak to your desired doneness.
15. Let rest for 5 minutes before slicing to lock in juices.

TIPS FOR SUCCESS

Use a glass or plastic container for marinating-avoid metal, which can react with the acidic lemon juice.

Don't over-marinate thinner cuts like flank or skirt steak-4-6 hours is ideal.

Pat steak dry before cooking to get a better sear and caramelization.

Reserve a small portion of marinade (before adding raw meat) to brush over steak while cooking.

