

## Flank Steak Marinade

1 teaspoon Worcestershire sauce



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

- 1 ½ - 2 pounds flank steak
- 1/3 cup soy sauce
- 1/4 cup olive oil
- 1/4 cup brown sugar
- 2 cloves of garlic, minced
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon black pepper

### DIRECTIONS

1. In a small bowl, mix together the soy sauce, olive oil, brown sugar, minced garlic, lemon juice, Dijon mustard, Worcestershire sauce, and black pepper.
2. Place the flank steak in a large resealable plastic bag and pour the marinade over it.
3. Seal the bag and massage the marinade into the steak, making sure it is evenly coated.
4. Marinate the steak in the refrigerator for at least 2 hours, or overnight for best results.
5. When ready to cook, remove the steak from the marinade and discard the excess marinade.
6. Preheat your grill, pan, or broiler to high heat.
7. Cook the steak for 5-6 minutes on each side for medium-rare, or longer for desired doneness.
8. Let the steak rest for 5-10 minutes before slicing against the grain and serving.
9. My Pro : Tips for Success:
10. For a deeper flavor, you can add some fresh herbs like rosemary or thyme to the marinade.
11. If you don't have : Dijon mustard, you can substitute it with regular mustard or omit it altogether.
12. Make sure to let the steak rest before slicing to allow the juices to redistribute and keep the meat tender.
13. If you are using a pan or broiler, make sure to preheat it before cooking the steak to get a nice sear on the outside.

### TIPS FOR SUCCESS

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Original recipe: <https://chefmaniac.com/flank-steak-marinade/>