

Herby Soy Marinated BBQ Steaks

Total time **45 mins** **5 mins** preparation time **30 mins** marinating time **10 mins** cooking time

Nutritional facts (per portion):
3,384 kJ / 846 kcal

Fat: **53 g** Protein: **86 g**
Carbohydrates: **5 g**

INGREDIENTS

2 portion(s)

2	sirloin steaks (150 g each)
60 ml	<u>Kikkoman Naturally Brewed Soy Sauce</u>
1 tbsp	lemon juice
1	fresh rosemary sprig
2	fresh thyme sprigs
0.5 bunch	parsley
1 tsp	mustard
2	cloves garlic
	Pepper to taste
3 tbsp	olive oil
1 tbsp	Tabasco sauce (optional)

PREPARATION

Step 1

Place all marinade ingredients (everything except steak) in a mixing bowl and thoroughly whizz using a blender.

Step 2

Cover the meat with blended marinade and put it in the fridge for 30 minutes.

Step 3

After this time remove excess marinade from the meat and bbq/ grill the steaks on a preheated high temperature surface for 2 to 5 minutes on each side, according to taste.