

Sesame Broiled Sirloin



PREPARATION TIME
10 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
grilled eggplant



The soy sauce and lemon juice in the marinade are natural tenderizers for steak. You can save money and still have tender meat by using chuck or flank steak and marinating it for 12 hours.

SHOPPING LIST

- soy sauce • lemon juice
- sesame seeds • sirloin steak

ON HAND

- brown sugar • garlic salt
- ground ginger • oil

INGREDIENTS

- 1/2 cup soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons lemon juice
- 1 teaspoon ground ginger
- 1/2 teaspoon garlic salt
- 1 tablespoon vegetable oil
- 2 pounds sirloin steak
- 1 tablespoon sesame seeds

SERVES **4**

COOK'N *Express*

- Instead of toasting the sesame seeds, use 1 teaspoon sesame oil in the marinade. Omit the sesame seed preparation in step 3.

Make Ahead

You can combine the marinade ingredients in step 1 up to 2 days ahead. Store in a jar or covered bowl in the refrigerator.

◆ VARIATION

For authentic Asian flavor, use 1 tablespoon grated fresh ginger instead of the ground ginger.

1 Combine soy sauce, brown sugar, lemon juice, ginger, garlic salt and oil in a baking dish.



2 Add steak to dish; cover and refrigerate. Preheat broiler. Grease broiler pan.

3 Toast sesame seeds in a dry skillet over medium-high heat until golden, about 2 minutes. Place between 2 sheets of waxed paper. Crush seeds lightly with a rolling pin or skillet.



4 Remove steak from sauce; discard sauce. Broil 5 minutes per side for medium. Sprinkle with sesame seeds.