



Grilled Asian Flank Steak

Ingredients:

- 1/4 cup Worcestershire sauce
- 1/4 cup reduced-sodium soy sauce
- 3 tablespoons honey
- 1 tablespoon sesame oil
- 1 teaspoon Chinese five-spice powder
- 1 teaspoon minced garlic
- 1/2 teaspoon minced fresh gingerroot
- 1 beef flank steak (1-1/2 pounds)
- 2 tablespoons hoisin sauce, warmed
- 3 green onions, thinly sliced
- 1 tablespoon sesame seeds, toasted, optional

Instructions:

In a shallow dish, combine the first 7 ingredients; add steak and turn to coat. Cover and refrigerate overnight.

Drain and discard marinade. Grill steak, covered, over medium heat for 6-7 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°). Let stand for 5 minutes.

Thinly slice steak across the grain. Drizzle with hoisin sauce; garnish with onions. Sprinkle with sesame seeds if desired.