Grilled flank steak with roasted vegetables Serves 6

Ingredients:

Flank steak 1 piece	560g
Balsamic vinegar	60ml
Low sodium soy sauce	15ml
Worcestershire sauce	15ml
Garlic cloves, grated	2
Fresh rosemary, chopped	2 tsp
Extra virgin olive oil	2 tsp
Dion mustard	1 tsp
Portabella mushrooms	170g
Red onion small, cut into wedges	1
Zucchini, sliced	1
Red pepper, quartered	1
Baby spinach	3 cups

Canada food guide
Carol Harrison
Registered Dietitian:
Beef is rich in protein, zinc and vitamin B12, provides heme iron.

Method:

1. Using a fork, pierce steal all over . Place in a bag
2. In a small bowl, whisk together vinegar, soy sauce, Worchestershire sauce, garlic,rosemary, oil and mustard.Reserve 2 TBSP and pour remaining mixture into the bag to marinade the stak for an hour or overnight.
3. In a Large bowl, place mushrooms, onion, zucchini and red pepper; spray with cooking oil. Place vegetables on preheated grill over medium high heat for about 10 minutes; turning occasionally until tender. Return to bowl and drizzle with reserved balsamic mixture;toss to combine. Add spinach to wilt slightly.
4. Place steak on grill, turning occasionally for about 12 minutes or until desired donemess. Remove to a clean cutting board and let rest for about 5 minutes **before slicing thinly across the grain.**

Source: Canada food guide