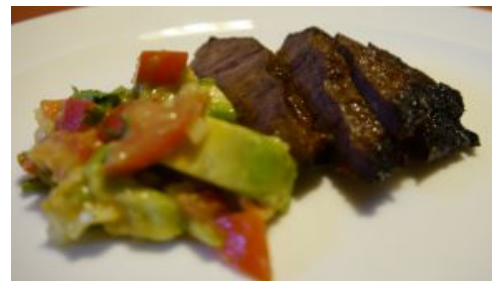


LONDON BROIL WITH AVOCADO RELISH

INGREDIENTS

- 1 London Broil
- 1/3 C Vinegar (red wine)
- 1/4 C Ketchup **OR** BBQ sauce
- 2 T Healthy oil
- 2 T Soy sauce **OR** Coconut Aminos
- 1 T Worcestershire sauce (without anchovies)
- 1 t Dijon mustard
- 1 t Salt (since beef is kashered with salt - you may not need to add this ingredient)
- 1/4 t Pepper
- 1/4 t Garlic powder
- 1 Lime (only using zest)



RELISH

- 3 Avocados(not overly ripe) (chopped)
- 3 Tomatoes (chopped)
- Half Onion (use only 1/2) (yellow) (finely diced)
- Cloves Cloves Garlic (crushed)
- Limes (using Juice of both limes & zest of 1)
- Olive oil
- Salt (because meat is kashered using salt, you may not need to add salt)
- Pepper

- 1 Combine all of the ingredients for the sauce in a liquid measuring cup
- 2 Lay the meat in a baking dish & poke all over with a fork on both sides
- 3 Pour 1/2 of the sauce over the meat
- 4 Allow it to marinate in a refrigerator for several hours,covered
- 1 To make the relish, combine all ingredients except the salt (if needed) & pepper
- 2 Season with olive oil, salt and pepper. Refrigerate.
- 3 Pre-heat the broiler to high & place an oven rack several inches from the broiler
- 4 Transfer the meat to a broiling pan & broil for 10 minutes on each side
- 5 The time under the broiler depends on the thickness of the steak & your preferred meat done-ness
- 6 Allow the meat to rest for at least 10 minutes before slicing thinly slice against the grain
- 7 Place on the serving platter
- 8 Serve drizzled with reserved sauce & alongside the avocado relish

