



PREP TIME : 10 MIN

COOK TIME : 01 H 10 MIN

SERVES : 4

Ingredients :

- ***1 cup (250 mL) VH® Honey Garlic Cooking Sauce***
- ***3 tbsp. (45 mL) VH® Soya Sauce***
- ***1 garlic bulb***
- ***1 tbsp. (15 mL) olive oil***
- ***1/4 cup (60 mL) Hunt's® Tomato Paste***
- ***ground pepper to taste***
- ***1 1/3 lb (600 g) flank steak or 4 servings, each 1/3 lb. (150 g)***

Directions :

- 1. Slice the garlic bulb in half horizontally.***
- 2. Place halves on a sheet of aluminum foil, drizzle with olive oil & seal.***
- 3. Bake in 350°F oven for 50 minutes or until cloves are tender.***
- 4. In a small saucepan cook the tomato paste for 1 minute. Add the VH® Sauces and reduce into a thick sauce. Season with pepper and add the roasted garlic, mashing it in.***
- 5. Baste the beef with the sauce & cook over a hot grill. The flank steak is served preferably rare, cooked for about 3-4 minutes on each side, or medium, cooked for about 5-6 minutes on each side.***
- 6. Slice meat thinly across the grain and serve with reheated sauce.***



Flank Steak with Roasted Garlic BBQ Sauce

VH[®] Honey Garlic Sauce combined with roasted garlic delivers the ultimate garlic flavoured steak.