

Less than 30 minutes

Makes 1 cup

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Ingredients

- 2 Tbsp (30g) butter
- 1 small onion, finely chopped
- 2 cloves garlic, finely chopped
- ½ cup (125ml) tomato sauce
- 3-4 Tbsp (45-60ml) Worcestershire sauce
- 1 Tbsp (15ml) each Dijon and wholegrain mustard
- 1 Tbsp (15ml) soy sauce
- 1 Tbsp (15ml) honey
- Salt and milled pepper
- ⅓ cup (80ml) Savannah cider or apple cider vinegar
- Juice (30ml) and grated peel of 1 lime
- Steak of your choice
- PnP tasty stem broccoli, for serving

Method

1. Heat a pan over medium heat and brown the butter.
2. Reduce heat and add onions and garlic, and sauté for about 3-5 minutes.
3. Add remaining ingredients and allow to simmer for about 10-15 minutes.
4. Transfer into a blender and blitz until smooth – if the sauce is too thick, add about 2 Tbsp (30ml) water while blending.
5. Drizzle over your steak and serve with a side of broccoli, if you like.

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