

## Dijon Steak

1 lb Steak cut 3/4 to 1 " thick  
Dijon or brown spice mustard  
Meat tenderizer  
Lemon Pepper

### Directions:

Spread meat tenderizer over the cut of steak and let sit for about an hour. Make slices in the top of your steak about 3/4's the way through the meat to form a checkerboard pattern on the top of your steak. Place in a broiler and cook until you are about one to two minutes from removing it from the broiler. Remove from the broiler and cover the entire top of the steak with Dijon mustard so that it is about an 1/16" thick. Sprinkle lemon pepper over the top of the mustard and place steak back into the broiler. Let finish cooking for the last one or two minutes and remove. Cut to desired portions and serve with favorite vegetables.