

Mediterranean Stuffed Flank Steak

The feta, spinach, roasted red pepper, mushrooms, onions and basil stuffing for this oven roasted flank steak elevates the meat to a whole new level!

Ingredients:

2 lb. Flank steak

1 red pepper

1 x 10oz. box of frozen spinach, thawed and thoroughly drained

½ c. button mushrooms, sliced

½ small onion, finely chopped

¼ c. feta cheese

1 Tbsp. fresh basil, finely chopped

1 Tbsp. Canola oil

Salt and pepper to taste

Preheat oven to 350 degrees Fahrenheit. Line a baking sheet with parchment paper. Cut red pepper in half, remove membrane and seeds. Brush both sides with extra virgin olive oil and then place each half skin side up on lined baking sheet. Firmly press down each half with your hand and place in preheated oven for 25 minutes or until skin is charred. Remove from oven and place in zipper lock baggie and set aside. (The steam inside the baggie will make the charred skin on the red pepper easy to peel off). After about 15 minutes, remove red pepper from baggie, peel skin using your fingers, finely chop roasted red pepper.

While red pepper is resting, sauté mushrooms and onion until just soft. In medium size bowl, combine drained spinach, finely chopped roasted red pepper, sautéed mushrooms and onions, feta cheese and chopped fresh basil. Season with salt and pepper to taste. (NOTE: I use very little if any salt in the filling because I find the feta cheese to be salty enough).

Lay flank steak out on cutting board and butterfly starting at thickest side, or place flank steak in a large zipper lock baggie and gently pound with a meat mallet, rolling pin or even a bottle of wine until thin enough to roll. Season steak with salt and pepper and evenly spread stuffing on top entire surface. Roll flank up in direction of longest length. Secure with butcher's twine.

Heat a large oven proof skillet over medium high heat. Add 1 Tbsp canola oil and sear flank steak roll evenly on all sides. When browned, transfer skillet with flank steak into preheated 350 degree Fahrenheit oven for 45 minutes to 1 hour. (For medium rare flank steak, cook 35 minutes; medium 45 minutes; well-done, 1 hour). Remove stuffed flank steak from oven and transfer to serving platter. Let rest for several minutes before slicing to let juices redistribute.

Kim's Cookology!