

Mediterranean Steak Sandwiches

Some of the best things I've cooked have come to me in a dream and this is one such example. The aromas from these sandwiches are phenomenal, the flavours will have every taste bud in your mouth doing the happy dance and your heart will thank you for it!

Ingredients:

1 – 8 oz. sirloin steak

1 red onion

3 c. fresh baby spinach

2 cloves garlic, minced

¼ c. feta cheese, crumbled

½ c. Fontina cheese, shredded (Fontina can be substituted with provolone or mozzarella)

4 subrolls

Olive oil

For marinate:

1/2 c. olive oil

Juice of 2 lemon or one extra large lemon

3 tsp dry oregano

2 cloves garlic, minced

1 tsp dried basil

2 Tbsp red wine vinegar

¼ tsp sea salt

¼ tsp freshly ground black pepper

In a bowl, combine all ingredients for marinate – whisk together and set aside. Cut steak into thin strips. (Hint: If you put the steak in the freezer for 10 minutes before slicing, it makes it

much easier!). Place steak strips into a zipper lock baggie and add ½ the marinade. (Store unused marinade in airtight container in refrigerator – you'll need this when it comes time to assemble your sandwiches). Seal baggie and toss steak to coat. Refrigerate for at least 1 hour, preferably 2-3 hours.

Slice red onion into ¼ inch thick slices. Brush lightly on both sides with olive oil and season lightly with freshly ground sea salt and black pepper. Heat a grill pan over medium high heat and when pan hot, add onion, grilling on both sides just until starting to get soft and nice char marks are evident. Transfer to plate and set aside.

While grill pan is still hot, over medium high heat, grill steak strips just until nice grill marks are evident, about 1 minute per side. Transfer to plate with grilled onion.

In a large non-stick skillet, heat 1-2 Tbsp olive oil over medium heat. Add in 2 cloves garlic, minced and saute just until garlic is fragrant. Add in 3 cups baby spinach and toss periodically. Saute just until spinach starts to wilt, approximately 2 minutes. Transfer to plate with grilled steak and onion – set aside.

Heat grill pan once again over medium high heat. Slice subrolls open but keep joined. Spread open and brush both interior sides with olive oil. Place oil side down on grill pan and grill just until char marks are noticeably, less than 2 minutes.

Preheat oven to 400 degrees Fahrenheit while assembling Mediterranean Steak Sandwiches: place grilled red onion slices on subrolls and top with sautéed spinach and garlic. Crumble blue cheese on top of spinach and top with grilled steak. Drizzle a small amount of reserved marinade over steak and top with shredded Fontina cheese. Place assembled sandwiches, open-faced, on a baking sheet and place in oven for approximately 7 minutes to heat through and for cheese to melt. Remove from oven, close sandwiches and slice each in half – serve and enjoy!