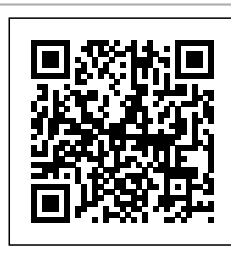


Flank Steak Pinwheels



Scan Code To Watch Video!



Recipe by: Laura Vitale

Serves 8

Prep Time: 30 minutes

Cook Time: 20 minutes

Ingredients

- 3lb Flank Steak, trimmed
- 4 Tbsp of Pesto
- Sliced Provolone
- 1 Roasted Pepper (or small jar) chopped
- Handful of Fresh Spinach
- Salt and Pepper, to taste

1) Place the steak in the freezer for 20 minutes to make it easier to butterfly.

2) Using a sharp knife, working lengthwise, cut a thin line down the center, then cut through on each side to open it up like a butterfly (watch the video to see exactly how to do this).

3) Pound the steak a bit (watch video) so it's thinner and even, then season both sides of the steak, and on the pounded size (which should be the inside part you butterflied) smear with the pesto, top with the provolone, peppers and spinach, roll into a log (watch video please so you do this properly and working with the grain) wrap tightly with plastic wrap and pop in the freezer for 30 minutes.

4) Preheat your grill at about a medium high heat, around 425 degrees. Tie the steak with some twine, then cut thick steak pinwheels and grill them for about 7 minutes on each side (depending on the thickness) or until desired temperature.

5) Allow them to rest a few minutes before serving.

