

# ASPARAGUS STEAK ROLL-UPS



## INGREDIENTS

### ITEM

Sirloin steaks (*Thin sliced*)  
Asparagus  
Small yellow bell pepper  
Oregano  
Rosemary

Olive oil  
Ideal Protein balsamic vinegar  
Salt and pepper  
Lemon wedges



## PREPARATION

- ✔ Place the strips of steak into a bowl.
- ✔ Add the oregano, rosemary, 2 Tbsp of the olive oil, balsamic vinegar and salt and pepper to taste to the bowl with the steak.
- ✔ Toss to combine well.
- ✔ Let the steak marinate for at least 30 minutes.
- ✔ Place the asparagus in a damp towel, and microwave for 1 ½ minutes.
- ✔ Lay the strips of steak on a flat surface, and place 3-4 asparagus spears and 2 strips of bell pepper at one end of the steak strips.
- ✔ Roll the steak around the pepper and asparagus, and secure them closed with a toothpick.
- ✔ Heat the remaining oil in a skillet over medium high heat.
- ✔ Sear the steak for 3-4 minutes on each side, or until done to your liking.
- ✔ Serve with lemon wedges for garnish.