



STEAK & VEGETABLE ROLL-UPS



INGREDIENTS

ITEM	QUANTITY
• Flank Steak, Thinly Sliced Into 8 Strips	1 ½ lbs
• Zucchini, Cut Into Ribbons	1
• Fresh Spinach	2 cups
• Red Bell Pepper, Sliced	1
• Garlic-infused Olive Oil	2 tbsp
• Fresh Parsley, Chopped	1 tbsp
• Fresh Basil, Chopped	1 tbsp
• Salt and Pepper	

SERVING SIZE 4



PREPARATION

- Preheat oven to 400°F (200°C).
- Season the steak with salt and pepper.
- Fill each steak strip with zucchini, spinach, and roasted red pepper.
- Roll tightly and place seam-side down in a baking dish.
- Mix garlic-infused olive oil with parsley and basil, then brush over the roll-ups.
- Bake for 18-22 minutes until cooked to your liking.