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Stuffed Flank Steak Rolls With Chimichurri Sauce

Ingredients

Lean flank steak 1.5 lbs.
Carrot, sliced 2
Red bell pepper, sliced 1
Black pepper

Marinade

Garlic cloves 4
Olive oil 1/4 cup
Bragg Liquid Aminos (or coconut aminos) 1/4 cup
Lemon juice 2-3 tbsp
Parsley 1 bunch
Cilantro 1 bunch
Sea salt
Black pepper

Directions

1. Fire up the grill (or, if it's still too cold, heat oven to 375 degrees F).
2. Slice the flank steak in half lengthwise to make two thinner steaks and pound with a tenderizing mallet (or closed fist, if you're into that kind of thing). Cut into 4-inch strips.
3. Put the garlic cloves and olive oil in a blender and blend until smooth. Slowly add the leafy tops of the parsley and cilantro.
4. Place one strip of steak on a plate, add slices of carrot and bell pepper, roll up the steak, and place it fold-down. Repeat until all steak has been used. (Use a toothpick to secure the rolls if needed.)
5. Place the rolled steak on the heated grill, fold-side down. Turn once, cooking to desired degree of doneness. If cooking in an oven, sear the steak rolls in a nonstick skillet for about 1 minute to seal, then place them on a baking sheet and bake for 15 minutes at 375 degrees F.
6. Plate the steak and serve with chimichurri sauce. (If you're food prepping, let the meat cool before adding the sauce.)

Nutrition Facts

Serving size: 4 oz.

Recipe yields 6 servings

Calories: 221

Fat 10 g

Carbs: 7 g

Protein: 23 g

Fiber 1 g