

Balsamic Steak Rolls

INGREDIENTS

- 1 ½ – 2 lb. skirt steak, sliced into thin strips
- 1 carrot, matchstick cut
- 1 bell pepper, matchstick cut
- ½ zucchini, matchstick cut
- 5 green onions, matchstick cut
- 2 cloves of garlic, minced
- ½ tsp. dried oregano
- ½ tsp. dried basil
- Cooking fat
- Sea salt and freshly ground black pepper

Ingredients for the balsamic glaze sauce

- 1 tbsp. ghee
- 2 tbsp. shallots, finely chopped
- ¼ cup balsamic vinegar
- 1 tbsp. honey
- ¼ cup beef stock
- Sea salt and freshly ground black pepper

DIRECTIONS

1. Season the steak slices with sea salt and freshly ground pepper to taste and set aside.
2. Melt the ghee in a skillet placed over a medium heat.
3. Add the shallots and cook until soft, about 3 minutes.
4. Add the balsamic vinegar, honey, beef stock, and season again with salt and pepper to taste.
5. Bring to a boil, lower the heat, and simmer until the liquid is reduced by half. Transfer to a bowl.
6. In the same skillet, add some cooking fat and cook the garlic for 1 or 2 minutes; then add all the remaining vegetables and cook until soft but still a little crunchy, about 3 to 4 minutes.
7. Season with oregano, basil, sea salt and pepper, and transfer to a bowl.
8. Arrange a small pile of vegetables in the center of each slice of beef. Tightly roll the meat around the filling, and secure with a toothpick.
9. Return the beef rolls to the skillet, and cook over a medium-high heat on all sides until the meat is cooked through.
10. Remove the toothpicks, spoon some of the balsamic sauce over the rolls, and serve.