

## **Spinach and Feta Steak Rollups**

### ***For the steak glaze:***

Splash of olive oil  
1 clove garlic, peeled and minced  
1/4 cup balsamic vinegar  
2 tablespoons red wine  
2 teaspoons brown sugar  
1 sprig fresh rosemary, or 1 teaspoon dried leaves  
1/2 cup beef broth, preferably homemade

### ***For the steak rollups:***

3/4 pound thin-sliced eye of round or any other thin-sliced steak (8 to 10 slices)  
Coarse sea salt  
8 ounces frozen chopped spinach, thawed and squeezed dry  
3 ounces crumble Feta cheese  
1/4 teaspoon crushed red pepper flakes  
1 tablespoon fresh-squeezed lemon juice  
Ground black pepper, to taste  
2 teaspoons grapeseed oil or other high-heat tolerant neutral oil

Add some coarse sea salt to the top of the steak and let it sit on the counter for 1 hour for every inch. This steak was so thin we did less than 10 minutes. But even in that short time I could see the steak sweating out and breaking up the fibers! Then you rinse the steak thoroughly of the salt. Pat dry and set aside ready for the stuffing.

But meanwhile you can make the steak glaze.

Add a splash of oil to a saucepan or skillet over medium heat and cook garlic until fragrant, just a minute or so. Add the rest of the glaze ingredients and cook and stir until reduced by about half. Remove rosemary sprig if not using dried. Take off heat and set aside.

Next, take your thawed and squeezed-dry spinach and add to a bowl along with the Feta cheese, red pepper flakes, and lemon juice and mix until thoroughly combined.

Brush the steak slices with the glaze with a pastry brush, (if you used dried rosemary, don't worry as it just gets stuck in the brush anyways).

Grind a bunch of black pepper over the steaks. Top the steak slices evenly with the spinach mixture. Roll up and secure with twine or toothpicks. I found twine to be convenient since I wasn't grilling.

Brush any remaining steak glaze you have over the rollups. Grind more black pepper over them again, to taste.

Heat a large cast iron or heavy bottom skillet over very high heat with two teaspoons of neutral high-heat oil. With tongs, add the rollups (in batches if needed) to the skillet and cook on all sides until browned. Just a minute or two on each side, rolling often. Remove to a plate and serve with a side vegetable of choice.

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