



All for the Beef

Prep 20 mins

Cook 10 mins

Yields 4-6 servings

Involtini of Beef Sirloin Steak



Shopping List

Beef grilling or marinating steak
Peppered goat cheese
Oregano
Fresh spinach
Sun-dried tomato, oil-packed
Balsamic vinegar
Olive oil
Salt and pepper
Ground ginger
Green onion



Ingredients

1 ½ lb (750 g) top sirloin grilling steak (or Rouladen-cut inside round marinating steak)

Salt and pepper to taste

4 oz (115 g) peppered goat cheese (e.g. chevre or feta with black pepper)

2 tsp (10 mL) dried oregano, crumbled

2 cup (500 mL) fresh spinach leaves

12 sun-dried tomato pieces (oil-packed)

2 tbsp (30 mL) balsamic vinegar

Olive oil

Instructions

1. Pound steak with a mallet or back of a heavy pan to ⅛ inch (0.25 cm) thickness (this step is not necessary if using Rouladen-cut steaks). Season with salt and pepper.
2. Spread goat cheese to within ¼ inch (0.5 cm) of each steak's edge; sprinkle with oregano. Place half of the spinach leaves over cheese. Add sun-dried tomatoes and cover completely with remaining spinach. Starting with long edge, roll up each steak like a jelly roll. Tie tightly in several places with butcher's twine or hold together with skewers (presoak wooden skewers for 1 hour). Brush outside of each beef roll with balsamic vinegar and olive oil; season with salt and pepper.
3. Cook on greased grill over medium heat in closed barbecue (or oven), turning once, for approximately 3 to 5 minutes per side (until instant-read thermometer inserted into center of each roll reads 155°F/68°C). Remove from heat; place seam-side-down on cutting board and tent with foil for 5 minutes. Remove string or skewers and cut diagonally into 1 inch (2.5 cm) thick slices. Serve the involtini slices warm, with assorted grilled vegetables tossed in a balsamic vinaigrette.



Recipe Card

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This recipe uses the same technique as the classic German beef roulade, flattening out a sirloin steak with a mallet or back of a heavy pan to tenderize.

An excellent source of Iron (28% RDI) and Zinc (58% RDI)

Nutrition Facts

per serving

Amount

Calories	248
Protein	30 g
Fat	12 g
Carbohydrate	4 g

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/involtini-of-beef-sirloin-steak/>