

## **Balsamic Glazed Steak Rolls**

### For the Steak

- 1 1/2 – 2 lb skirt, flank, or sirloin steak
- Salt & Pepper (according to taste)
- 3 tbsp Worcestershire sauce
- Any steak seasoning you like
- 1 tbsp olive oil

### For the Veggie Filling

- 1 carrot
- 1 bell pepper
- 1/2 a zucchini (depending on size)
- 5-6 green onions
- 2 cloves of garlic
- 1 tsp Italian herb seasoning

### For the Balsamic Glaze Sauce

- 2 tsp butter
- 2 tbsp finely chopped shallots
- 1/4 cup balsamic vinegar
- 2 tbsp brown sugar
- 1/4 cup beef broth

Start by prepping the steak. Trim as much fat as you can and cut the steak into 3 inch wide strips, producing about 8 strips. You can then tenderize the meat with a meat hammer (if you're using sirloin it doesn't need any tenderizing). Season the steak pieces generously on both sides with salt, pepper and Worcestershire sauce. And let them sit in the marinade for at least 30 minutes to a couple hours.

While the steak is marinating you can prep the filling for them. Chop up the carrot, bell pepper and zucchini into matchstick size pieces, a little longer than the width of the steak strips. I used a mandolin slicer to get thin slices and then hand cut them to make matchsticks. I then cut the green onion in a similar size and sliced them in half length-wise. For the garlic, simply peel and crush the cloves with the flat side of your knife, just enough to bruise them.

Now for the sauce, melt the butter in a small sauce pan on medium heat. Add the finely chopped shallot and sautee it for 1-2 minutes until they turn soft and translucent. Add the balsamic vinegar, brown sugar and beef stock and stir to mix everything well. Allow the sauce to come to a boil and reduce to almost half its volume. You'll notice it starts becoming thicker and have the consistency of syrup. The butter also starts separating and comes to the top. Turn the heat off and transfer the sauce to a bowl.

In the same pan, add a touch of olive oil and toss in the garlic cloves to allow them to flavor the oil for a few minutes. Turn the heat up to high and toss in the carrots, bell pepper and zucchini (there's no need to cook the green onion) and stir fry the veggies for no longer than 2-3 minutes. Season them with the Italian herb seasoning and salt and transfer the veggies to a bowl.

To assemble the steak rolls, simply take a strip of the marinated steak and lay it with the short side towards you. Place the veggies (don't forget the green onion!) in the middle and roll the beef up over the filling, securing it with toothpick. Repeat the same with the other rolls.

Heat a large skillet over medium-high heat. Add a touch of oil swirling to coat bottom. When hot, add beef rolls, seam side down, not touching and pan fry for a couple of minutes. Then turn the rolls and cook on all sides in the same way. Cook until you're desired done-ness (I cooked mine medium well and seasoned it with some mesquite seasoning for a touch of a smoky flavor). Remove the toothpick and serve with the balsamic glaze sauce spooned over the top of each roll.