

# Spinach Steak Roll

## INGREDIENTS:

Cooking spray, Coconut/Olive Oil  
¼ Cup panko bread crumbs  
¼ Cup pine nuts, toasted  
2 tsp vinegar, Balsamic/Red wine  
2 cloves garlic, minced  
1/4 tsp fine sea salt  
1/4 tsp dried red pepper flakes (season to taste)  
1 flank steak (1 lb), trimmed of visible fat\*  
Baby spinach leaves

\* Ask the butcher to run through the tenderizer 2 times. Makes it easier to roll

## INSTRUCTIONS:

Preheat oven to 400°F.  
Combine panko, nuts, vinegar, garlic, salt and pepper flakes.  
Sprinkle panko mixture evenly over steak.  
Put spinach on top of panko mixture.  
Roll steak up, gently pressing to a tight roll.  
Hold together with bamboo skewers, tooth picks, or kitchen string.  
Bake at 325 for medium rare, about 30 minutes, or desired doneness

Cover with foil and let rest for 10 minutes  
Cut steak crosswise into 1/2-inch slices.