

Flank Steak Pinwheels

Jacob · 28/09/2024



Prep Time

8 hrs 5 mins

Difficult

Medium

Servings

9 hrs 25 mins

Description

Steak pinwheels made with marinated flank steak and a spinach onion and feta filling This delicious and impressive flank steak recipe is always a huge hit for guests Its deceptively easy to prepare great tasting and pretty to look at

Ingredients

- - ¼ cup olive oil - ¼ cup soy sauce - ¼ cup red wine - ¼ cup Worcestershire sauce - 1 tablespoon Dijon mustard - 1 tablespoon lemon juice - 1 clove garlic
- minced - 1 teaspoon Italian seasoning - ½ teaspoon ground black pepper - 1 (1 1/2-pound) flank steak
- pounded to 1/2 inch thickness - 1 clove garlic
- crushed - ¼ teaspoon salt - ¼ cup chopped onion - ¼ cup fine dry bread crumbs - 1 cup frozen chopped spinach
- thawed and squeezed dry - ½ cup crumbled feta cheese

Instructions

1. Marinate the steak: Combine oil
2. soy sauce
3. wine
4. Worcestershire sauce
5. Dijon
6. lemon juice
7. garlic
8. Italian seasoning
9. and pepper in a large resealable bag. Squeeze the bag to blend ingredients. Pierce flank steak with a knife
10. making small slits about 1 inch apart. Place steak in the bag
11. coat with the marinade
12. squeeze out excess air
13. and seal the bag. Marinate in the refrigerator for 8 hours to overnight. When ready to cook
14. preheat the oven to 350 degrees F (175 degrees C). Make the filling: Place crushed garlic onto a cutting board. Sprinkle salt over top and scrape with the flat side of a knife to make a paste. Remove steak from marinade and shake off excess. Discard remaining marinade. Place steak onto a work surface and spread garlic paste all over the top side. Layer with chopped onion
15. bread crumbs
16. spinach
17. and feta. Starting at one of the short ends
18. roll steak lengthwise around the filling; secure with kitchen twine or toothpicks. Transfer to a shallow glass baking dish. Bake
19. uncovered
20. in the preheated oven until the internal temperature of the roll is at least 145 degrees F (63 degrees F) in the center
21. about 1 hour. Remove from the oven and let stand for 5 minutes so filling can set. Slice into 1-inch slices to serve. Editor's Note: Nutrition data for this recipe includes the full amount of marinade ingredients. The actual amount consumed will vary.