



Seared Stuffed Flank Steak

Makes: 2-3 servings

Prep Time: 10 minutes Cook Time: 16 minutes

Total Time: 26 minutes

- 1 pound flank steak
- 1 tbsp olive oil, divided
- 1 clove garlic, minced
- 1 cup spinach, packed
- 2 ounces feta cheese, crumbled
- 1/2 tsp Kosher salt
- 1/2 tsp freshly ground black pepper

Preheat the oven to 350°F. Lay the flank steak on a cutting board. Season it with salt and pepper on both sides.

Using 1/2 tablespoon oil, grease a non-stick skillet and place over medium-high heat. Sauté garlic in hot oil until fragrant, about 1 minute. Add spinach and cook until wilted.

Spoon the spinach mixture on top of the flank steak, spreading it evenly across the steak.

Sprinkle the feta cheese on top. Starting at the bottom long edge of the steak, tightly roll it up into a log. Using kitchen twine, tie the steak in 2-inch intervals. Slice the steak into 4 pieces.

Heat a cast-iron skillet over medium-high heat and pour the remaining 1/2 tablespoon olive oil into skillet. Place sliced steak rolls into the skillet and brown for about 1-2 minutes each side (that's 4 sides, not just top and bottom). This should take about 6 minutes. Slide the skillet into the preheated oven and cook for 8-10 minutes or until steak rolls reach desired doneness.

Remove from oven and transfer rolls onto a plate. Tent plate with aluminum foil and rest for 5 minutes. Remove twine and serve.