

Garlic Topped Flank Steak Roulade

INGREDIENTS:

- 2 lbs. flank steak
- Sea salt to taste
- Freshly ground black pepper to taste
- 4 strips bacon, cooked but not crispy, chopped
- 2 cups loosely packed spinach leaves, chopped
- 1/3 cup chopped sundried tomatoes
- 1 cup chopped white button mushrooms (7-8 whole mushrooms).
- Butcher's twine

FOR SERVING DAY:

- 5 cloves garlic, minced
- 2 T coconut oil

PREP DAY:

- Pound the flank steak with a meat mallet to an even 1/3-inch thickness. Doing so will give you more surface area to work with when rolling the steak.
- Lay the steak out flat, and season both sides with sea salt and pepper. Layer chopped bacon, spinach, sundried tomatoes, and mushrooms evenly over the steak.
- Roll the steak tightly into a log (roulade), and tie it in 3 places with butcher's twine.
- Place the steak in a freezer bag, and freeze until needed.

SERVING DAY:

- Thaw the roulade in the refrigerator overnight.
- When ready to cook, preheat your oven to 425 degrees.
- In a large, ovenproof skillet over medium-high heat, melt the coconut oil.
- Place the roulade in the skillet, and sear the steak until brown on all sides, 2-3 minutes total.
- Remove the skillet from the heat, and sprinkle the minced garlic all over the roulade.

- Place the skillet in the hot oven for 10-15 minutes or until the meat is cooked but still pink in the center.
- Remove the skillet from the oven, and let the meat rest for 10 minutes.
- Remove the twice, slice the roulade into pinwheels, and serve.

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