



## Beef and Spinach Rolls

with Rosemary Potatoes



20-30min



2 Portions

Hands up who remembers beef olives of yesteryear? Well, we've taken an oldie and made it a goodie with the addition of garlic butter and spinach in the filling. Paired with a duo of roast potato wedges and a delicious side of peas and wilted baby spinach, this is an old-time favourite that will keep all the diners happy.



## What we send

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- butter <sup>7</sup>
- olive oil
- sea salt and pepper

## Utensils

- baking paper
- medium frypan
- oven tray
- plastic wrap
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Oven temperatures are for conventional ovens, set to fan-forced. ~Pounding the steaks makes them thinner and also tenderises the meat.

## Allergens

Milk (7). May contain traces of other allergens.

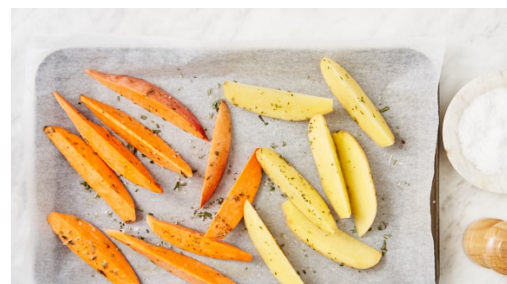
## Nutrition per serving

Energy 580kcal, Fat 25.9g, Carbs 36.0g, Proteins 46.1g



### 1. Prepare wedges

**Read through the recipe.** Remove **20g butter** from the fridge to soften. Heat the oven to 220C (see cooking tip). Line an oven tray with baking paper. Scrub the **potato** and **sweet potato**, then cut into 1-2cm thick wedges. Finely chop **half the rosemary leaves\*\***, discarding the stem.



### 2. Cook wedges

Put the **wedges** and **rosemary** on the lined tray, season with **salt and pepper**, drizzle with **1 tbs olive oil** and toss to coat. Roast for 20 mins.



### 3. Make garlic butter

Meanwhile, crush or finely chop the **garlic**. Put in a small bowl with the **butter**, season with **salt and pepper** and mash well with a fork or teaspoon until combined.



### 4. Prepare beef rolls

Put the **steaks** between 2 sheets of plastic wrap or baking paper and use a meat mallet, rolling pin or the base of a saucepan to pound to 5mm-thick (see cooking tip). Spread the steaks evenly with the **garlic butter** and top with a layer of **spinach leaves**. Roll up tightly and secure each with a toothpick or half a wooden skewer.



### 5. Cook beef rolls

Bring a small saucepan of water to the boil for the peas. Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the **beef rolls** for 4-6 mins, turning to brown all over. Transfer to a plate and rest for 5 mins. Remove the toothpicks.



### 6. Cook vegetables

While the beef rolls are resting, add the **peas** to the water, return to the boil and cook for 1½ mins. Add the **remaining spinach** and cook for a further 30 secs. Drain well and return to the pan. Add any pan juices or resting juices, taste and season with **salt and pepper** and stir gently. Serve the **beef rolls** with the **vegetables** and **wedges**.