



Beef and Spinach Rolls

with Rosemary Potatoes



20-30min



4 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

What you'll require

- butter ⁷
- olive oil
- sea salt and pepper

Utensils

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

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.

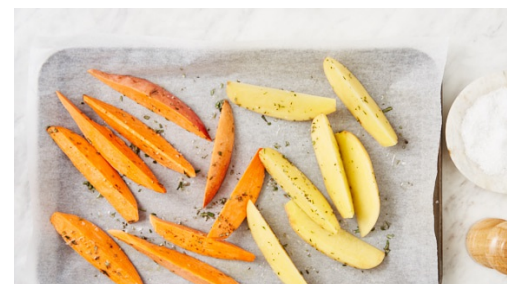
Nutrition per serving

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



1. Prepare wedges

Read through the recipe. Remove **40g butter** from the fridge to soften. Heat the oven to 220C (see cooking tip). Line 2 oven trays with baking paper. Scrub the **potatoes** and **sweet potato**, then cut into 1-2cm thick wedges. Finely chop the **rosemary leaves**, discarding the stem.



2. Cook wedges

Put the **wedges** and **rosemary** on the lined trays, season with **salt and pepper**, drizzle with **2 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 medium saucepan of water to the boil for the peas. Heat **1 tbs olive oil** in a large 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**.