

beef, asparagus & red pepper roll ups

Phase 1 Recipe

SERVES 1 | READY IN 25 MINUTES

Ingredients:

Vegetables

- ½ red pepper, sliced into thin 2" long strips
- ½ zucchini, sliced into thin 2" long strips
- 3 stalks asparagus, sliced into thin 2" long strips
- 1 stalk green onion, sliced into thin 2" long strips

- 1 tsp olive oil, divided
- 1 clove garlic, minced
- ½ tsp dried oregano
- ¼ tsp dried thyme
- ¼ tsp dried basil
- ⅛ tsp salt

Beef

- 1 portion* thin sliced beef sirloin (⅛" thick)
- ⅛ tsp salt
- pinch ground black pepper
- ⅛ tsp paprika
- ¼ cup of arugula for garnish

*US: 1 Portion = 4-6 ounces

*CA: 1 Portion = 8 ounces

Heat a skillet over medium high heat, swirl in ½ tsp olive oil. Add in vegetables garlic, oregano, thyme, basil and salt. Sauté until tender, about 3 minutes. Set aside on a tray to cool slightly for 1-2 min.

Lay out beef sirloin strips. Place cooled vegetables in the center of each beef strip, cross wise. Starting from one of the ends of the sirloin, roll the meat around the vegetables. Secure with a toothpick and set aside. Mix salt, black pepper and paprika together. Sprinkle over beef.

Preheat grill to medium high heat. Grill on all sides until meat is through, about 2 minutes per side.

Tent with foil and rest for 5 minutes before eating. Plate with arugula.