

# Stuffed Flank Steak



## what you need

- 680g John Penny flank steak, pounded thin for easy rolling
- 475 ml dry stuffing mix of your choice
- 235 ml boiling water
- 30g butter or margarine
- 2 green onions, chopped
- 1 red bell pepper, chopped
- Gravy
- 60 ml red wine or apple juice
- 1 clove garlic, minced
- 10 g grated Parmesan cheese

**Cooking time:** 2 hours

**Serves:** 4

## how to cook

- 1 Preheat oven to Gas 3, 175°C, fan 155°C, 350°F
- 2 In a medium bowl, combine the stuffing mix, water and butter or margarine. Mix well and let stand for 5 minutes.
- 3 Spoon the stuffing onto the steak, leaving a 1 inch border. Add the green onions and the red bell pepper.
- 4 Roll from the long edge of the steak and secure with wooden toothpicks.
- 5 Place steak seam side down in a 9x13 inch baking dish.
- 6 In a separate small bowl, combine the gravy, wine or apple juice, garlic and cheese. Mix well and pour over the steak.
- 7 Bake at 175°C, 350°F for 1 hour, remove from oven and leave to stand for 5 minutes before slicing.