



Healthy Now

FITNESS • NUTRITION • CATERING

Flank Steak Rolls

This is not only an impressive looking meal, it's also a great source of protein, iron and calcium! The perfect meal for post-workout muscle repair especially during Hell Week!



You'll need:

- 2 tablespoons avocado oil, divided
- 3 tablespoons garlic, chopped
- 2 sweet onion, like Vidalia, chopped
- 2 cups mushrooms, thinly sliced
- 1 roasted red pepper sliced
- ½ tablespoon kosher salt
- ½ tbsp freshly ground black pepper
- 2 lb flank steak
- 4 oz baby spinach, 1 package
- 9 slices provolone cheese

HealthyNow is dedicated to providing juice cleanses, wellness and performance juice packages to help you be healthier, and to support your workouts.

To order, call or text Christine at 647-210-0047 or email her at Christine@HealthyNow.ca

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To make them:

1. Preheat oven to 350°F
2. Heat one tablespoon of the oil in a pan over medium-high heat. Combine the garlic, onions, mushrooms, salt, and pepper in the pan and cook until almost all of the moisture has evaporated and the onions are caramelizing, 15–20 minutes. Remove from heat and set aside.
3. Lay the flank steak on a cutting board. Add salt and pepper on both sides, to taste.
4. Spoon the mushroom, onion and pepper mixture on top, spreading it evenly across the steak. Sprinkle the spinach on top, followed by the slices of provolone. Press down lightly to compress the spinach.
5. Starting at the bottom of the flank steak, roll it up tightly, making sure the grain of the meat is running horizontally. Use six toothpicks to secure the steak roll. Slice the steak roll into six equal rolls.
6. Heat the remaining oil in a pan over high heat. Sear the steak rolls on one side for one to two minutes, then flip. Sear the second side for about one minute, then bake for 10–15 minutes, until medium rare.
7. Remove the toothpicks, then serve!

Enjoy!

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