

## WAGYU FLANK STEAK BRACIOLE



**TIME TO PREPARE**  
30 minutes



**COOK TIME**  
1 hour 30 minutes



**SERVING**  
6 People



**PREPARED BY**  
Urban Farm Foods

### Ingredients

|            |                                                         |
|------------|---------------------------------------------------------|
| 1 ½ - 2 lb | Wagyu Flank Steak                                       |
| 4          | Tomatoes chopped ( or an 15 oz can of chopped tomatoes) |
| 2          | garlic cloves chopped                                   |
| ½ cup      | breadcrumbs                                             |
| ½ cup      | parmesan cheese                                         |
| 3          | roasted red peppers chopped                             |
| 1          | medium onion chopped                                    |

### Steps to Cook

- 1) Mix together breadcrumbs, parmesan and half the parsley
- 2) Butterfly flank steak and flatten. event coat the steak with breadcrumb mixture. Roll up longways like a jelly roll and secure with toothpicks or twine. Salt and pepper the outside.
- 3) In a searing hot braising pot with lid sear the steak roll on all sides.
- 4) Remove meat and set aside. In the same pot saute onions and garlic in a bit of olive oil. Add peppers

|                        |                              |
|------------------------|------------------------------|
| <i>½ teaspoon each</i> | <i>salt &amp; pepper</i>     |
| <i>¼ cup</i>           | <i>chopped fresh parsley</i> |
| <i>¼ cup</i>           | <i>capers</i>                |
|                        | <i>olive oil</i>             |
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and tomatoes with liquid to deglaze. Bring to a simmer.

- 5) Place flank steak roll into the braising sauce. Add capers.
- 6) Top with a lid and put in the oven at 275 for 1 ½ hours.
- 7) Remove roll and rest for 10 minutes. Remove toothpicks and slice and serve with braising sauce and remaining parsley to garnish. Serve with grilled veggies or pappardelle noodles.