

# Steak Stack & Vegetables

**Calories:** 379 kcal

**Servings:** 1

**Time:** 0 Mins

## Ingredients

- 60.00 g Baby Spinach
- 120.00 g Beef fillet steak
- 30.00 g Gouda Cheese (sliced thickly)
- 40.00 g Red Capsicum

## Instructions

1. Preheat oven to 200C (390F)
2. Quarter capsicum, ensuring to remove seeds and membranes.
3. Roast capsicum under a grill or in a very hot oven skin side up, until skin blisters and blackens.
4. Remove capsicum and wrap in glad wrap for 5 minutes.
5. Remove capsicum from bag and peel skin.
6. Cut steak in half horizontally and cover with cheese, spinach and capsicum, then cover with remaining steak half.
7. Tie stack with kitchen string (or use toothpicks to hold together).
8. Cook uncovered in lightly oiled large non-stick frying pan until browned on both sides.
9. Transfer to oven tray and cook uncovered in oven for 10 minutes or until cooked as desired.
10. Vegetables:
11. While Steak is cooking in the oven, slice up broccoli, carrot & zucchini and steam for 10mins until (add broccoli after 4 mins).
12. Stir 1 tsp of butter through vegetables and season with salt & pepper.
13. Serve steak and vegetables together.