

Mimi Jardim's Prego Steak Rolls

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/prego-steak-roll-recipe-south-africa>

Ingredients:

- 1 marinade
- 6 garlic
- 1 bay leaf
- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 pound sliced steak
- 10 min
- 1 bay leaf
- 6 garlic
- 1/2 cup white wine
- 1 pinch ground cumin
- 1 pound sliced steak
- 1 tablespoon olive oil
- 2 tablespoons butter

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 30 milligrams
4. Fat: 20 grams
5. Protein: 1 grams
6. SaturatedFat: 8 grams
7. Sodium: 105 milligrams

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