

# Phyllo Wellington

August 28th, 2021

**This recipe serves: 4**

Prep Time: 01:00

Cook Time: 00:15

This is a simplified version of Beef Wellington, using a cheaper cut of meat, and a flavorful vegetable stuffing inside the meat. A few easy modifications could be used to make variations on this dish: Stuff the meat with an asparagus spear, replace the Pimento with roasted Jalapeño slices and use a sharp Manchego or Asiago cheese, or marinate the meat with Soy Sauce and stuff with grilled vegetables.

## Ingredients:

1 Zucchini Squash  
2 Cloves of Garlic, minced  
1 Pinch Sea Salt  
1 Teaspoon Olive Oil  
Additional Olive Oil  
1.5 Pounds Steak, sliced thin (Milanesa Steak cuts) - each steak should weigh about 4 - 6 ounces  
6 Ounces Baby Spinach  
1 Red Pimento, roasted  
1 Red Jalapeno, roasted (or other pepper)  
4 Scallions, cleaned  
4 Asparagus Spears  
2 Tablespoon Unsalted Butter, melted  
16 Sheets Phyllo Dough  
4 Ounces Feta Cheese

## Directions:

### The Filling

Clean the Zucchini. Slice off the stem.

Oven roast the Zucchini at 350° Fahrenheit for about 90 minutes or until it is soft.

Roughly cut the Zucchini then add to a blender or food processor. Mix the Zucchini, Minced Garlic, and Sea Salt until smooth. Add 1 Teaspoon Olive Oil and pulse a few times until fully integrated.

### The Steak

Meanwhile, heat a small frying pan over medium heat.

Add a few drops Olive Oil and then par-cook the Sliced Steak. Grill each side of the Steak for about 1 minute. Cook in multiple batches, if necessary, to prevent crowding the pan.

Use a paper towel to remove any excess moisture from the par-cooked Steak, and set them aside to cool.

### The Phyllo Dough

Lay out a single sheet of Phyllo dough. Use a brush to carefully paint the Phyllo sheet with melted Butter, ensuring that the butter covers all the way to the edges.

Place another sheet of Phyllo Dough on top of the first sheet, again painting it with melted Butter.

Add 2 additional Phyllo sheets (for a total of 4 sheets), buttering each of them the same way.

Keep the unused Phyllo Sheets covered with a damp cloth to prevent them from drying out.

Repeat and create 3 additional stacks of Phyllo Dough sheets so that you have a total of 4 Stacks.

### Putting It All Together

Preheat the oven to 375° Fahrenheit

Prepare a baking tray by covering it with aluminum foil, then placing an oven safe wire rack on the baking tray.

Slice the Roasted Pimento and Roasted Jalapeno into long thin slices.

Lay out 1 stack of Phyllo sheets, with the buttered side down.

Place a piece of the Sliced Steak into the center of the Phyllo.

Before you roll up the meat (like a Cannoli or a cigar):  
Cover the Steak with a single layer of Spinach Leaves.  
Spread a few Tablespoons of the blended Zucchini paste to the Steak slice.  
Create a line of Pimento sticks across the meat.  
Add a line of Jalapeno toothpicks across the meat.  
Add a whole Green Onion.  
Add a Asparagus Spear.  
Sprinkle Feta Cheese along the same line.  
Roll up the meat, (like a Cannoli) with the filling inside, so that the filling runs the entire length of the Meat Roll.

Carefully fold the ends of the Phyllo Dough over the ends of the Meat Roll. Roll the Phyllo Dough around the Steak roll, similar to an eggroll or a burrito.

Arrange each Phyllo Wellington on the wire rack, ensuring that they are not touching each other.  
Bake at 375° Fahrenheit for about 10 minutes, or until the Phyllo browns.