

Healthy, Tasty, Convenient!

Deli 4 You
MARKET



Beef roulades



6 SERVINGS



45 MINUTES



EASY

Ingredients:

- 2,2 lb of beef shoulder
- 4 pickles
- 6 slices of bacon
- 2 red onions
- 5 carrots
- 3 green peppers
- mustard
- frying oil
- salt
- pepper

Preparation:

1. Clean the meat and cut into slices, lightly breaking them with a pestle. Sprinkle with pepper and salt on each side.
2. Brush the meat with mustard and place the bacon slices on it.
3. Cut the cucumbers and peppers into slices and the onion into slices. Put the cucumbers, onions and peppers on top of the meat. Roll it into a roll and pin it at the end with toothpicks (it is worth soaking the toothpick first, it will be easier to remove when the zips are ready!).
4. Dip the roulades in flour.
5. Heat the oil in a deep frying pan and fry the roulades until they are golden on all sides. Then pour water and stew, covered, until the meat is tender. Thanks to the flour in which the roulades were coated, the sauce is ready immediately.



Enjoy!