

Caramelized Steak & Veggie Wraps on the Grill

Ingredients

For the wraps

- 1 lb thinly sliced steak (ribeye or sirloin)
- 1 zucchini, cut into thin strips
- 1 red bell pepper, cut into thin strips
- 1 yellow bell pepper, cut into thin strips
- 1 small onion, thinly sliced

For the marinade

- 1/4 cup soy sauce
- 1 tbsp brown sugar
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp garlic, minced
- 1/2 tsp ground black pepper
- (shortcut) store-bought teriyaki sauce



Instructions

1. In a mixing bowl, combine the soy sauce, brown sugar, rice vinegar, sesame oil, garlic, and black pepper. Add the steak slices and gently toss to coat. Cover and marinate in the fridge for at least 30 minutes (or up to 2 hours for deeper flavor).
2. While the steak marinates, slice the zucchini, bell peppers, and onion into thin strips of similar length.
3. You can use the vegetables raw for more crunch, or lightly sauté them in a skillet over medium heat for 2-3 minutes if you prefer them softer. Let them cool slightly before wrapping.
4. Remove the steak from the marinade, letting any excess drip off. Lay each slice flat, place a few vegetable strips in the center, and roll tightly. Secure with a toothpick if needed.
5. Preheat a grill pan or skillet over medium-high heat. Once hot, add the steak wraps seam-side down. Cook for about 2-3 minutes per side, or until the steak is caramelized and cooked through.
6. During the last minute of cooking, brush the wraps with either the reserved marinade (if using homemade marinade, boil it first) or store-bought teriyaki sauce to add flavor and shine.
7. Remove from heat and let rest briefly. Serve warm.

Note & Storage

- Marinate the steak earlier in the day to save time at dinner.
- Use very thinly sliced steak for easy rolling and even cooking.
- Fresh vegetables can be used raw or lightly sautéed, depending on your texture preference.
- Leftovers can be kept in the fridge for up to 3 days.
- To reheat, use a skillet over low heat or microwave in short bursts.