



Steak Prego Roll

An iconic Portuguese street food, the prego roll as we know it in South Africa gained its spicy flavour from fiery Mozambican peri-peri sauce.

Prep time: 25 mins /Cook time: 20 mins /Serves: 2

You will need:

- 2x 200g ribeye steaks
- 2 fresh bay leaves (optional)
- Floury Portuguese rolls
- Sliced red onion
- Sliced ripe tomato

For the peri-peri sauce:

- 4-6 small chillies, stems removed
- Juice and zest of 1 large lemon
- 150-200ml olive oil
- 1 tablespoon smoked paprika
- 1 teaspoon cayenne pepper
- 30ml white vinegar
- 4-5 sprigs of fresh thyme, woody stalks discarded
- Coarse ground sea salt, to taste

Method:

Season each steak with salt and pepper and press a bay leaf into the meat.

For the peri-peri sauce, blitz up all the ingredients except the salt in a liquidiser, adding a little more olive oil if too thick. Season with salt to taste and set aside. Baste the steaks with the peri-peri sauce and sear or braai the steaks over high to medium heat for 2-3 minutes per side for medium rare. Leave the meat to rest for 10 minutes and if desired, slice into strips.

Assemble the prego rolls by halving the Portuguese rolls and spreading a little of the remaining peri-peri sauce over the top half. Pile the sliced red onion and tomato on top of the steak, close up the roll and serve with lots of napkins and a few glasses of Alto Shiraz.