

Spiral-Stuffed Meat Rolls with Parmesan Breadcrumbs and Dijon

When you're ready to impress but want something deeply comforting, this



OVEN
375°F

TIME
3 min

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INGREDIENTS

For the Meat Roll:

2 lbs flank steak or pork loin, thinly sliced

$\frac{1}{2}$ cup breadcrumbs

$\frac{1}{4}$ cup grated Parmesan cheese

$\frac{1}{4}$ cup fresh parsley, chopped

2 cloves garlic, minced

1 tbsp olive oil

Salt and black pepper, to taste

2 tbsp Dijon mustard (optional)

For the Sauce:

$\frac{1}{2}$ cup beef or chicken broth

$\frac{1}{4}$ cup red wine (optional)

$\frac{1}{4}$ cup heavy cream

2 tbsp unsalted butter

1 tsp fresh thyme, chopped

Salt and pepper, to taste

DIRECTIONS

1. Prepare the Filling: In a bowl, mix breadcrumbs, Parmesan, parsley, and garlic.
2. Season with salt and pepper, then stir in olive oil to moisten.
3. If using, spread : Dijon mustard on the meat before stuffing.
4. Roll the Meat: Lay out thin meat slices and spread a spoonful of stuffing onto each.
5. Roll tightly and secure with toothpicks or kitchen twine.
6. Brown the Rolls: Preheat oven to 375°F (190°C).
7. In a large, oven-safe skillet, heat olive oil over medium-high heat.
8. Sear the meat rolls for 2-3 minutes per side until browned all over.
9. Roast: Transfer skillet to the oven and roast for 20-25 minutes, or until cooked through.
10. Let rest for 5 minutes, then remove toothpicks or twine.
11. Make the Sauce: In a saucepan, combine broth, red wine, and cream.
12. Bring to a simmer and reduce slightly over 5-7 minutes.
13. Stir in butter, thyme, and season with salt and pepper to taste.
14. Assemble and Serve: Slice the rolls into medallions to show the spiral stuffing.
15. Spoon the warm sauce over the top and garnish with extra herbs.

16. Serve with mashed potatoes, roasted vegetables, or polenta.

SWAPS & NOTES

Protein swap : Pork tenderloin or chicken breast pounded thin can also work well.

Breadcrumbs : Use panko for more texture, or Italian-seasoned for a shortcut.

Just double the broth and add a dash of balsamic for depth.

Sub coconut cream and olive oil in the sauce.

TIPS FOR SUCCESS

Pound the meat thinly and evenly so it rolls easily and cooks uniformly.

Don't overfill-just a thin layer of stuffing is perfect.

Let meat rest after roasting for maximum juiciness.

Use a sharp knife for clean, spiral-revealing slices.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/spiral-stuffed-meat-rolls-with-parmesan-breadcrumbs-and-dijon/>