

DINNER

Grilled Beef Bracirole with Grilled Tomato-Basil Relish

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	20 min	30 min	4	\$3.29	664 kcal



Grilled Beef Bracirole with Grilled Tomato-Basil Relish might be just the main course you are searching for. Watching your figure? This gluten free, primal, and ketogenic recipe has 665 calories, 55g of protein, and 44g of fat per serving. This recipe serves 4 and costs \$3.29 per serving.

Ingredients

- | | |
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| ☐ 2 tablespoons balsamic vinegar | ☐ 4 servings Fresh basil sprigs, for garnish |
| ☐ 4 servings Freshly ground black pepper | ☐ 2 tablespoons finely chopped fresh basil leaves |
| ☐ ¼ cup finely chopped fresh flat leaf parsley | ☐ 4 cloves garlic, finely chopped |
| ☐ ¼ cup olive oil | ☐ 5 tablespoons olive oil |
| ☐ 2 tablespoons finely chopped fresh oregano leaves | ☐ 1 tablespoon finely chopped parsley leaves |

☐ ¼ cup grated pecorino Romano cheese

☐ ½ small red onion, finely diced

☐ 4 servings Salt

☐ 24 inch butcher's twine, soaked in cold water

☐ 8 plum tomatoes

☐ 2 pound round steak, pounded to 1/4-inch thickness

☐ 24 inch butcher's twine, soaked in cold water

EQUIPMENT Bowl, Grill, Kitchen twine

Method

- 1 Heat the grill to high.
- 2 Cut the tomatoes half, then brush with 2 tablespoons of the oil and season with salt and pepper. Grill the tomatoes on all sides until slightly charred and soft.
- 3 Remove the tomatoes from the grill, chop and place in a bowl.
- 4 Add the remaining 3 tablespoons of oil, onion, vinegar, basil and parsley and season with salt and pepper.
- 5 Serve warm or at room temperature.
- 6 Heat the grill to high.
- 7 Place the steak on a flat surface.
- 8 Combine the cheese, parsley, oregano and garlic in a small bowl.
- 9 Brush the steak on the side facing up with 2 tablespoons of the oil and season with salt and pepper.
- 10 Sprinkle the cheese mixture evenly over the steak, leaving a 1/2-inch border around the sides.
- 11 Starting with the long end, tightly roll the meat up like a jelly roll and tightly tie with the butcher's twine on the ends and in the center.
- 12 Brush the entire outside of the steak with the oil and season with salt and pepper.
- 13 Place on the grill, seam-side up and grill until golden brown on all sides, about 10 to 12 minutes.
- 14 Remove from the grill and let rest 10 minutes before slicing into 1/2-inch thick slices.
- 15 Serve several slices per person topped with some of the relish.

Nutrition per serving

664

KCAL

55 g

PROTEIN

44 g

FAT

11 g

CARBS

Saturated Fat	9.2 g · 57% of daily needs
Fibre	3.1 g · 12% of daily needs
Sugar	5.3 g · 6% of daily needs
Sodium	411 mg · 18% of daily needs
Cholesterol	149 mg · 50% of daily needs
Vitamin C	25.9 mg · 31% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/grilled-beef-bracirole-with-grilled-tomato-basil-relish-148209