



Hot (or Not) Prego Rolls
RECIPE

Hot (or Not) Prego Rolls



Cooking time 15 mins
Preparation time 20 mins
Serves 6

Sirloin steaklets marinated in Royco Beef Marinade and aromatics to create a tasty party prego. This Portuguese classic is perfect for big gatherings and skottel picnics.

Ingredients

- 6 x 100g sirloin steaks
- Royco Beef Marinade
- 2 tbsp white wine vinegar
- 2 bay leaves
- 3 cloves garlic
- 1 whole chilli, sliced in half(optional)
- 3 large onions, sliced
- 2 large tomatoes, sliced
- 6 floury bread rolls
- Vegetable oil for frying
- Butter for rolls (if desired)

Vegetarian

Replace the steak in this recipe with large brown mushrooms and follow the rest of the instructions to create a vegetarian version.

Family Friendly

For the little ones around the table, cut up the steaks into small bite-sized pieces before placing in the roll.

Method

1. Mix the Royco Beef Marinade as per the instructions on pack. Add the vinegar, sliced garlic cloves, bay leaves, and the chilli if you want to make spicy pregos.
2. Place the steaks in the marinade for 20 minutes.
3. Remove steaks from marinade, and reserve the marinade.

4. Add a small amount of oil to a frying pan, and pan-fry the steaks at a high heat on either side, until cooked to your preference (rare to well-done). Set the steaks aside to rest.
5. In the same pan, add a dash of oil, fry the onions until caramelised, add the remaining marinade and cook the onions for a further two minutes. Remove the bay leaves and chilli from the onions.
6. To serve, place a steaklet on a buttered roll, and top with sliced tomato and caramelised onions.

Recipe Tags

[Beef](#), [Marinades](#)

Related Recipes



[Lamb and Potato Sticks](#)

Cooking time

15 mins

Preparation time

20 mins



Saucy Meatballs with Pasta

Cooking time

30 mins

Preparation time

5 mins



Chicken a La King

Cooking time

30 mins

Preparation time

15 mins



Cheesy Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins



Marinated Mushroom, Boerewors & Apricot Sticks

Cooking time

15 mins

Preparation time

30 mins



Roasted Summer Veg with Herby Feta

Cooking time

30 mins

Preparation time

10 mins



Butternut and Potato Bake

Cooking time

50 mins

Preparation time

15 mins



Tuna Crumble

Cooking time

25 mins

Preparation time

10 mins



Creamy Butter Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins



Crunchy Sweet and Sour Stir-Fry

Cooking time

15 mins

Preparation time

15 mins

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