BRAZILIAN · LUNCH · DINNER

# Bife à Rolê (Brazilian Beef Rolls in Tomato Sauce)

Bife a rolê

100 min · Serves 7 · 384 kcal a serve · Video 14:19 in Portuguese · Julia Nakaya

Gluten-free ingredients · Dairy-free · Nut-free

33 g protein and 8 g net carbs a serve from beef rolled around vegetables and braised in a tomato, pepper and herb sauce — rich in vitamin B12, zinc and vitamin C.

**Diet notes:** Low carb (7.9 g net carbs) but not keto: 53% of the energy is from fat, and keto meals get about 60% or more.

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## Ingredients 21 · SERVES 7

- [ ] 1 kg **thin-cut beef steaks** (coxão duro, coxão mole or patinho — round), excess fat trimmed
- [ ] 6 large **garlic** cloves (4 for the meat, 2 for the sauce)
- [ ] 1 level tbsp **salt** for the meat, plus 1½ tsp for the sauce
- [ ] **black pepper** to taste
- [ ] 1 **onion** (½ in thick slices for the filling, ½ finely chopped for the sauce)
- [ ] 7 **green beans**, ends trimmed and halved
- [ ] 1½ **carrots** (1 cut into sticks for the filling, ½ chopped for the sauce)
- [ ] 1¼ **green capsicums** (bell peppers), cut into strips (the ¼ chopped for the sauce)
- [ ] 100 g sliced **bacon**
- [ ] about 3 tbsp **olive oil** (a drizzle for each batch of rolls, a little more for the sauce)
- [ ] 1 tsp **colorau** (annatto powder)
- [ ] 100 ml **dry red wine** (optional)
- [ ] 25 g chopped **leek**
- [ ] 1 **dedo-de-moça red chilli**, seeded and finely sliced
- [ ] 1 **tomato**, chopped (skin and seeds on)
- [ ] 100 ml **tomato sauce** (molho de tomate)
- [ ] 200 ml **water**
- [ ] 1 level tsp **smoked paprika**
- [ ] 30 g chopped **parsley** (salsinha), with some stalks
- [ ] 50 g chopped **spring onions** (cebolinha), white and green parts
- [ ] 10 **olives**, pitted

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Trim the excess fat from the steaks and pound the thicker parts thin with a mallet (halve very large ones). Crush 4 large garlic cloves with 1 level tbsp salt and pepper and rub the paste into both sides of every steak. 0:36
2. Prepare the filling: thick onion slices, green beans halved, carrot and green capsicum cut into sticks about 1 cm wide, and the bacon. 2:42
3. Lay bacon on each steak (stopping a little short of the edge), then onion, capsicum, carrot and a green bean. Roll up tightly and pin closed with a toothpick. She gets 14 rolls. 4:07
4. For the sauce, finely chop the leftover onion, carrot and capsicum, plus the leek, tomato, seeded chilli, parsley, spring onions and pitted olives. 5:46
5. Heat a drizzle of olive oil in a pressure cooker and sear the rolls on all sides over high heat in two batches of 7. Set aside. 7:49
6. Add a little more oil, fry 2 crushed garlic cloves and 1 tsp colorau, then the chopped onion until soft. Pour in 100 ml red wine to lift the browned bits and let the alcohol cook off. 9:14
7. Add the carrot, chilli, leek, capsicum and tomato and cook semi-covered until soft. Stir in 100 ml tomato sauce, 200 ml water, smoked paprika, 1½ tsp salt, half the parsley and the white part of the spring onions. 10:07
8. Return the rolls and juices, close and cook 25 minutes after the valve starts whistling. Let the pressure drop on its own, then simmer uncovered with the olives for 10 minutes. Finish with the rest of the parsley and spring onions. 11:21

> **Tip** Makes 14 rolls — serves 7 (our estimate: 2 rolls each). Remove the toothpicks before eating. Usually served with rice; a green salad keeps it lower in carbs. The cook's salt is generous — use less if you prefer.

The method is a summary in our words, in English — the video (in Portuguese) shows every step.

## One serve gives you 1 OF 7 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **384 kcal** | **33 g** | **11 g** | **2.8 g** | **22 g** | **1,720 mg** |
| 1,600 kJ | 67% of a day | 7.9 g net · 4.4 g sugars<br>4% of a day | 10% of a day | 6.6 g saturated<br>28% of a day | 75% of a day |

**Energy from** net carbs 9% · protein 37% · fat 54% — very low carb (under 10% of the energy from carbs)

**High in** (20%+ of a day) Vitamin K 85% · Selenium 67% · Vitamin B12 63% · Vitamin B6 52% · Zinc 51% · Vitamin C 43% · Vitamin A 21% · Iron 20%

**Source of** (10–19%) Potassium 15% · Vitamin E 15% · Magnesium 12% · Folate 10%

⚠ One serve has about 75% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

**Recipe and video:** Julia Nakaya (@julia.nakaya) on YouTube — youtube.com/watch?v=3eWAuAqLdK8, published 21 June 2026. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bife-a-role