FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Steak and Brie Wraps



Serves	Prep Time	Cooking	Total Time	Calories
2 people				**505 kcal**

Stuff that's in it:

• 1Tbsp Olive Oil

• 2 X 170G Rump Steak (Visible Fat Trimmed)

• 80G Cambozola Blue Brie (Tesco)

• 2 Tortilla Wraps (Large)

• American Slaw

• 1 Quarter Red Cabbage

• 1 Quarter White Cabbage

• 2 Carrots

• 2 Tbsp Light Mayonnaise

• 2 Tsp American Mustard

• 2 Tbsp Apple Cider Vinegar

• 1 Tbsp Caster Sugar

What you do:

Pre heat a griddle pan , rub your steaks with the olive oil over each side , sear them for around 4 minutes , turning over , if they are flat they may take less and if they are very thick they may take an extra minute , this is for a medium steak , remove and allow to rest while you make the slaw

Use a mandolin to slice the cabbage thin , then peel and grate the carrot using a julienne peeled , if not a regular one will do , or grate it, add to a large bowl

Add the apple cider vinegar to a bowl along with the sugar , mustard and mayonnaise and whisk

Pour everything over the cabbage and grab a bunch to wipe off the remaining sauce from its bowl, mix everything until combined

Add half the cheese in cubes to a tortilla wrap and microwave for 30 second or until just melted , slice the steak and add to the other side of the wrap, then add a handful of slaw in between. Make a pocket by folding each end in, lift up the bottom and roll into a burrito , repeat with the next one

Heat a large dry fry pan until hot, gently place the sausage wrap on and after 20 second , use a spatula to turn over and bake the other side until golden, slice in half and enjoy

Nutrition

• Carbs: 19g

• Fat: 26g

• Protein: 46g

• Fibre: 4g

• Saturated Fat: 13g

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