

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 peeler , 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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