FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Steak in red wine and balsamic sauce



Serves	Prep Time	Cooking	Total Time	Calories
1 person				**516 kcal**

Stuff that's in it:

• 200G Sirloin (All Fat Removed)

• 1 Tortilla Wrap

• Sliced Red Pepper

• 13G Chopped Red Onion

• 50G Mushrooms (Sliced)

• 1 Tbsp Balsamic Vinegar

• 100Ml Red Wine (Alcohol Free)

• 1Tsp Worcester Sauce

• Squirt Of Oil

• 10G Cornflour (Mixed With Water To Make A Paste)

What you do:

Heat a griddle pan till hot, squirt a little oil on the steak, fry for around 4 mins each side.

Add the mushrooms, pepper, onion and fry along with the veg , remove the steak to rest and add the veg to a small fry pan, add the balsamic vinegar , red wine and Worcester sauce, heat through until bubbling, then add the cornflour paste and stir until thick, add more or less to get to desired thickness. Pop the tortilla in the microwave, slice the steak up, pop it in the pan with the sauce and toss, add everything to the wrap, fold and serve.

Nutrition

• Carbs: 41g

• Fat: 15g

• Protein: 54g

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