FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Steak and Chips with quick Pepper Sauce and



Serves	Prep Time	Cooking	Total Time	Calories
0 people				**kcal**

Stuff that's in it:

• 2 Tsp Cracked Black Pepper ((For A Good Strong Flavour, 1 If You Don'T Like Peppery))

• 1 Small Onion (Chopped)

• 150G Half Fat Creme Fraiche

• 1 Tsp Bisto Gravy Powder

• 125Ml White Wine

• 10G Lighter Lurpack

What you do:

Add the onion to a food processor and beak down into tiny pieces.

Add the butter to a fry pan and melt , add the onion and sweat, cooking very gently for around 5/6 minutes.

Add the cracked pepper and a pinch of salt.

Then add the white wine, bring to a boil and gently simmer for a few minutes until reduced slightly but thick , turn off the heat and add the creme fraiche , then add the bisto powder.BREKHeat though gently then serve with steak and chips.

Nutrition

• Carbs: 40g

• Fat: 18g

• Protein: 50g

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