FFC

FIT FAST COOK

HOMEMADE IS HEALTHY

# Philly Cheesesteak Flatbreads

| Serves | Prep Time | Cooking | Total Time | Calories |
|---|---|---|---|---|
| **0 people** | **20 mins** | **15 mins** | **35 mins** | **651 kcal** |

**Stuff that's in it:**

- Flatbreads
- 280G Self Raising Flour (+ Extra For Dusting )
- 240G Natural Yoghurt (5% Fat )
- 1/2 Tsp Salt
- Steak Filling
- 5-600G Rump/Sirloin Steak (Sliced Thin Against Grain)
- 1 Tbsp Olive/Rapeseed Oil
- Pinch Salt And Pepper
- 1 Large Onion (Sliced Thin )
- 1/2 Peppers Green & Red (Sliced Thin )
- 120G Mozzarella (Grated )
- 30G Lighter Mature Cheddar (Grated )
- Small Splash Water (For Steaming Cheese)
- Smokey Paprika Cheese
- 25G Butter
- 20G Plain Flour
- 370-400 Ml Skimmed Milk

• 1 Heaped Tsp Smoked Paprika

• 1-2 Tsp  Hot Sauce ( I Used Franks Hot Buffalo)

• 100G Red Leicester Cheese (Grated )

**What you do:**

For the Flatbreads and steak

What you do

Mix the flour, yoghurt and salt into a soft dough. Knead briefly until smooth, then cover and leave to rest while you prepare the filling.

Slice the steak thinly against the grain. Keep the slices small and even so they cook quickly and stay tender.

Heat a large frying pan over medium heat with a little oil. Cook the onions (and pepper if using) until soft and lightly golden, then remove to a bowl.

Turn the heat up high. Add a touch more oil if needed, then add the steak in a single layer. Let it sit briefly to colour, then toss and cook quickly until just browned.

Return the onions and peppers to the pan and mix through.

While the steak cooks, divide the dough into balls, roll into flatbreads and dry-fry in a hot pan until puffed and lightly charred. Stack and keep warm.

Scatter the mozzarella and cheddar over the steak mixture. Add a small splash of water, cover with a lid or foil and heat for 30–60 seconds until melted.

Spoon the cheesy steak mixture onto the flatbreads.

Drizzle over the smoky paprika sauce (see below).

Let sit for 30–60 seconds, then slice into squares using a sharp knife or pizza wheel and serve. ( only if serving a crowd, otherwise 1 flatbread per person)

Serves: 4

Best cooked fresh

Not freezer friendly

Not vegetarian

Can be made gluten free (use gluten-free self-raising flour; texture will differ)

for the Sauce

Store extras in an air tight container for 3-4 days

What you do

Melt the butter in a saucepan over medium heat. Stir in the flour and cook briefly to form a smooth paste.

Gradually add the milk, whisking continuously until smooth and thickened.

Stir in the chilli powder and hot sauce.

Add the grated cheese and stir gently until melted and smooth.

Remove from the heat and stir in a splash of warm milk to loosen to a smooth, pourable consistency.

Keep warm, or transfer to a squeezy bottle for easy serving.

Serves: 6

Can batch cook

Can be made gluten free (use cornflour instead of flour)

**Nutrition**

- Carbs: 57
- Fat: 29
- Protein: 42
- Fibre: 4
- Saturated Fat: 13

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