

Eat Within 4 Days

QCOOK

Harissa-spiced Beef Wrap

with kale & herby baby tomatoes

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	343kJ	2082kJ
Energy	82kcal	498kcal
Protein	7.7g	46.7g
Carbs	7g	45g
of which sugars	2g	10g
Fibre	2g	10g
Fat	1.9g	11.8g
of which saturated	0.7g	4.3g
Sodium	116mg	703mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beef Schnitzel (without crumb)
5ml	10ml	Smoked Paprika
10ml	20ml	Pesto Princess Harissa Paste
30ml	60ml	Low Fat Plain Yoghurt
100g	200g	Cucumber *rinse & peel into ribbons*
80g	160g	Baby Tomatoes *rinse & cut in half*
3g	5g	Fresh Parsley *rinse, pick & finely chop*
20ml	40ml	Red Wine Vinegar
75g	150g	Kale *rinse & roughly shred*
1	1	Onion *peel & finely slice ½ [1]*
1	2	Wheat Flour Tortilla/s

From Your Kitchen

Cooking Spray (or oil of your choice)
Paper Towel
Water
Seasoning (salt & pepper)

1. MARINATE Pat the schnitzel dry with paper towel. Cut into 1cm strips, coat with cooking spray or oil (optional), smoked paprika, harissa paste, yoghurt, and seasoning. Set aside.

2. COLOURFUL VEG In a bowl, combine the cucumber, tomatoes, parsley, vinegar and seasoning. Set aside in the fridge.

3. KALE Place the kale and onion in a bowl. Lightly coat with cooking spray or oil (optional) and seasoning. Using your hands, massage until softened and coated. Place a pan over medium heat. When hot, fry the kale and onion until wilted and lightly charred, 4-5 minutes. Season and remove from the pan.

4. SPICED BEEF Return the pan to medium-high heat. Fry the beef strips until lightly charred and cooked through, 30-60 seconds per side. Remove from the pan.

5. TOAST Return the pan, wiped down, to medium heat. Toast the tortilla/s until warmed through, 30-60 seconds per side.

6. TIME TO DINE Load the wrap/s with kale, spiced beef, cucumber, and herby tomatoes. Wrap it up or leave it open, and serve any remaining toppings on the side. Enjoy, Chef!

Chef's Tip Marinating tenderises meat, boosts flavour, and helps keep it juicy.