

## Hot surf and turf wrap

(Gluten and wheat free)

Simple and quick to make, great for all.

\*If you are following a Low FODMAP diet then check your wrap for other Low FODMAP ingredients – the wrap in the image contains concentrated fruit juice of unknown source so it is unsuitable for the Low FODMAP diet.

You can also serve the filling on other gluten-free breads such as gluten-free pitta, gluten-free ciabatta or gluten-free French bread for example.



### Ingredients

#### Serves 2

- 2 Steaks
- 200g of large prawns
- Wheat & Gluten free seeded wrap
- Gravy browning – a few drops
- 2 tsps cornflour
- Spray oil for frying
- 2 carrots
- Green salad leaves and 5 radishes for the salad bowl

## Method

---

Trim fat from the Steak

Fry steak until browned using the spray oil

Cover with water and add a few drops of gravy browning

Cover with a lid and cook until tender

Chop carrots into bite size pieces and spray with oil.

Cook the carrots for 20 minutes in the oven whilst the steak is cooking.

Remove steak from the pan to rest and add cornflour to the sauce to thicken, cook.

Cook prawns until pink

Taking a wrap add ingredients including gravy and fold wrap over. Serve with green leaves and sliced radish.