

## **Beef Wraps**

The preparation time is 10 minutes, cooking time 20 minutes and this recipe will make 5 - 7 wraps.

### **Ingredients**

350g/12oz Glutafin Select Multipurpose White Mix Flour  
10g of Yeast ( a whole sachet, included in with the White Mix)  
350ml/12 fl oz boiling water      2 x 15ml tbsp vegetable oil  
1 x 5ml tsp of Xanthan gum      ½ 5ml tsp of salt

### **Beef Filling**

4 small sirloins of beef  
1 red onion sliced  
2 red peppers sliced      1 clove of garlic, crushed      1 jar of passata  
2 x 15ml tbsp Chilli powder      1 Cos lettuce

### **Method**

1. Mix 225g/7oz of the Glutafin Multipurpose White Mix and yeast with the boiling water and oil and mix to a paste. Leave for 3 minutes before adding remaining white mix and all other ingredients.
2. Stir with a wooden spoon and then by hand and bring together to form a sticky ball of dough.
3. Knead on a work surface lightly dusted with white mix, then divide into 5 - 7 pieces.
4. Then roll out each piece on a 25cm/10inch cut out circle of baking parchment paper. Place one at a time still resting on the baking parchment paper, into a heavy based non-stick pan.
5. Cook over a gentle heat for 2 minutes, until the dough just starts to brown, on the underside. Turn over using a spatula, remove paper and cook until the underside also starts to get gently brown.
6. Continue till all the wraps are done.

### **Beef Filling**

1. Slice the sirloin and cook in a hot oiled frying pan.
2. Add onions, pepers and garlic to the pan.
3. Stir fry until the beef is cooked
4. Add chilli and passata sauce and cook until almost dry, then serve with wraps and salad.