



Chilli Steak Wraps

Serves 4

Ingredients

- 400g rump steak
- 1 tablespoon Asian chilli paste
- 8 wholemeal mountain breads, warmed
- $\frac{3}{4}$ cup prepared low-fat hummus dip
- 8 lettuce leaves
- 2 tomatoes, chopped
- $\frac{1}{2}$ red onion, chopped (or spring onions for a milder taste)
- Chilli sauce* (see dietitian's note)

Method

Trim the steak of any fat or sinew and spread chilli paste over the steak.

Cook the steak on a pre-heated hot grill or barbecue for 1-2 minutes on each side or until cooked to your liking.

While the steak is cooking, spread each of the warmed wraps with hummus and top with lettuce, tomato and onion.

Slice the steak, place on the salad and top each wrap with 1 teaspoon chilli sauce. Wrap one end of the bread to enclose the bottom of the filling and then fold over the sides to enclose.

Note: warm the bread in the microwave or heat covered, in a warm oven.

Variations:

- use pita bread
- try chicken or tender lamb for a change

Dietitian's Note:

*Check the label for sodium levels and choose the chilli sauce with the lowest sodium per 100g and only use small amounts. If you use homemade hummus that will be lower salt than the commercial type (if you don't add salt to your homemade hummus!). For any of you who are not familiar with hummus, it is a delicious dip made from chickpeas, sesame seed paste (tahini), lemon juice and garlic.

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