

Gill's Gourmet Gallery

Beef & pepper wraps

Ingredients:

500g lean frying beef

Seasoning

2 onions sliced

2 red peppers sliced

2 tablespoons tomato purée

Mixed provencal herbs

1/4 teaspoon sugar

Beansprouts

Wraps

Method:

Cut the steak into strips and season with salt and pepper.

Heat the oil in the wok and fry the steak until browned.

Add the onion, chopped peppers, tomato purée, sugar and herbs.

Stir fry for 5 minutes.

Add the bean sprouts and cook for two minutes.

Heat the wraps, fill and roll.

