



Chunky chilli wraps

READY IN



45 min.

SERVINGS



6

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 750 g rump steak sliced into thin strips
- ☐ 1 onion red roughly chopped
- ☐ 4 to 2 chillies slit green seeded chopped
- ☐ 1 tsp cumin seeds
- ☐ 1 tsp ground pepper hot
- ☐ 400 g canned tomatoes chopped canned
- ☐ 420 g beans red drained and rinsed canned
- ☐ 225 g roasted peppers cut into strips canned (you can buy these at the deli counter, or in jars)

- ☐ 1 tsp worcestershire sauce
- ☐ 12 flour tortilla
- ☐ 284 ml cream
- ☐ 1 handful mint leaves fresh roughly chopped
- ☐ 6 servings onion red

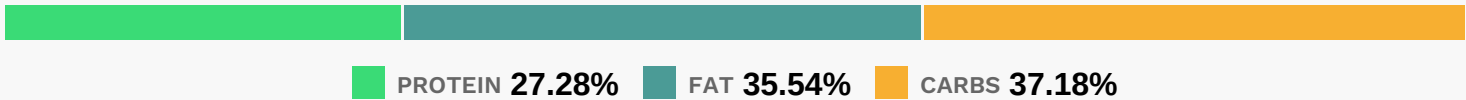
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in a wok until its very hot. Tip in about a third of the beef and stir fry for 2–3 minutes until it begins to brown. Scoop out the beef and put on a plate. Repeat twice with the remaining beef, adding a drizzle more oil to the pan each time.
- ☐ Toss the onion, chillies, cumin seeds and cayenne into the pan, stir and sizzle for 2 minutes. Lower the heat and tip in the tomatoes, kidney beans and roasted peppers. Return the beef to the pan and cook for a couple of minutes, stirring occasionally, until the tomatoes begin to bubble. Splash in the Worcestershire sauce and continue to simmer gently for a further 2 minutes. Season with salt and pepper to taste. (At this point, the you can chill the chilli and then freeze it for up to 1 month.)
- ☐ To serve, heat the tortillas according to the packet instructions. Pass round the warm tortillas for wrapping up the chilli, then drizzle with soured cream and scatter with fresh mint.
- ☐ Serve with salad.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:14.63, Inflammation Score:-8, Nutrition Score:30.787391333476%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 567.62kcal (28.38%), Fat: 22.47g (34.57%), Saturated Fat: 9g (56.26%), Carbohydrates: 52.9g (17.63%), Net Carbohydrates: 43.88g (15.96%), Sugar: 9.98g (11.09%), Cholesterol: 103.4mg (34.47%), Sodium: 1422.25mg (61.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.81g (77.63%), Selenium: 48.39µg (69.12%), Vitamin B3: 13.42mg (67.1%), Vitamin B6: 1.06mg (53.06%), Phosphorus: 527.17mg (52.72%), Zinc: 6.39mg (42.62%), Manganese: 0.76mg (37.76%), Iron: 6.67mg (37.07%), Vitamin C: 30.17mg (36.57%), Fiber: 9.02g (36.07%), Vitamin B1: 0.53mg (35.61%), Potassium: 1044.42mg (29.84%), Vitamin B2: 0.49mg (28.55%), Folate: 113.14µg (28.29%), Vitamin B12: 1.58µg (26.4%), Calcium: 238.26mg (23.83%), Copper: 0.45mg (22.57%), Magnesium: 89.34mg (22.34%), Vitamin K: 17.55µg (16.72%), Vitamin A: 783.78IU (15.68%), Vitamin B5: 1.38mg (13.85%), Vitamin E: 1.73mg (11.51%)