



Beef and horseradish pitta pockets

What a brilliant lunch or main meal this is. All the family will love this one. This is fast and furious at the end of a busy working day and so much healthier and weight friendly than KFC or a burger from a burger joint! If you want to make it even more interesting then visit our dips and dressings section and add something of your choice, maybe avocado cream for example.

Suitable for weight loss and weight maintenance.

Ingredients

- 4 thin-cut sirloin steaks, fat trimmed
- 15g butter
- 125g low-fat yogurt
- 1 tsp hot horseradish sauce
- 2 TBS fresh curly parsley, finely chopped
- 4 large pitta breads
- Salt and pepper
- 4 large handfuls of watercress
- 4 large handfuls of bean sprouts
- 4 large handfuls of radishes, sliced



Serves 4

Method



1. Season the steaks well
2. Heat the butter in a large frying pan and fry the steaks for 3 minutes, turning once
3. Put the steaks on a board, cover with foil and leave to rest for 5 minutes
4. In a small serving bowl, mix together the yogurt, horseradish, parsley and some seasoning
5. Toast the pitta breads
6. Thinly slice the steaks and arrange in a bowl
7. Cut each pitta bread in half to make 2 pockets
8. Put the pitta breads on a large platter with the horseradish sauce, sliced steak and bowls of watercress, bean sprouts and radishes
9. Serve immediately

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