



Curry Beef Shawarma Wrap Recipe

Preparation Time	10
Cooking Time	55
Serving Size	6

Ingredients:

- 350 g beef, sirloin, sukiyaki cut
- 1 pack DEL MONTE Quick 'n Easy Curry Mix (40g)
- 3/4 tsp chili powder
- 1 tsp liquid seasoning
- 3 Tbsp sour cream

FOR THE DRESSING

- 1/2 cup sour cream
- 2 tsp garlic, minced

- 6 pc pita or flour tortilla
- 1 cup lettuce, shredded
- 1 cup cucumber, diced with peel
- 1 cup tomato, diced
- 1 cup onion, diced
- 1/2 cup cheese, grated

Preparation:

1. Marinate beef in DEL MONTE Quick 'n Easy Curry Mix, chili powder, liquid seasoning, and sour cream for 30 minutes. Pan-grill over medium high heat until cooked. Set aside.
2. Make dressing by combining remaining sour cream and garlic.
3. To assemble: Grill or heat pita bread/flour tortillas. Add beef, lettuce, cucumber, tomatoes, and onions. Top with grated cheese. Drizzle with dressing.

Chef's Tip

The sour cream in the marinade will help to tenderize the meat.

Lusog Notes

This Curry Beef Shawarma Wrap dish is a source of iron needed for normal metabolism and vitamin A that helps maintain healthy skin and normal vision.

Cooking Skills Needed

- Grating
- Pan-Grilling
- Marinating