

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Beef and Pesto Wrap

Ingredients

2 x one minute (or sizzle) steaks

*2 tbs pesto (see GTE
Macadamia Nut Pesto recipe)*

Olive oil or a knob of butter

Kitchen string

Method

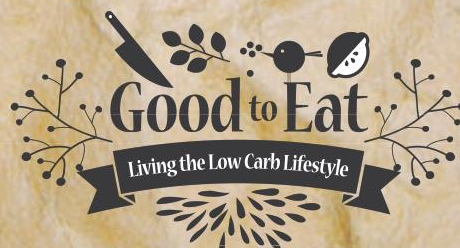
I love minute steaks and always have some on hand for a quick breakfast, snack or lunch box staple. They literally cook in ONE MINUTE- got to love that xoxo

1. Fry the minute steaks with some olive oil or butter until cooked to your liking.
2. Spread with a generous amount of pesto and roll. Tie with the kitchen string
3. Enjoy!

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Serves 1-2



For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au