

Good to Eat

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

Beef, Haloumi & Caramelised Onion Wrap

Ingredients

2 one-minute (or sizzle) steaks

Olive oil or a knob of butter

2 tbs caramelised onions (see GTE recipe)

2 thick slices of Haloumi cheese

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 and Haloumi cheese with some olive oil or butter until cooked to your liking.
2. Spoon the caramelized onion onto the cooked steak and top with the Haloumi.
3. Wrap and secure with kitchen string.
4. 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