

# STICKY BEEF AND BROCCOLI WRAPS WITH SLAW

We turned steak and broccoli into an oriental explosion of flavours. The crunchy slaw is the ideal partner with the meat and sticky sauce for a fresh and light meal. For a gluten-free version omit the wrap and enjoy all the elements together in a bowl.



## INGREDIENTS

Serves 4–6

### STICKY SAUCE

5 ml (1 tsp) corn flour mixed with a little bit of water to form a paste  
45 ml (3 tbsp) water or strong Rooibos tea  
30 ml (2 tbsp) olive oil  
15 ml (1 tbsp) soya sauce  
45 ml (3 tbsp) oyster sauce  
15 ml (1 tbsp) honey  
15 ml (1 tbsp) finely grated, fresh ginger  
1 small red chilli, seeded and chopped

### SLAW

½ each red and white baby cabbage, finely shredded  
1 carrot, coarsely grated  
¼–½ small pineapple, cut into strips  
15 ml (1 tbsp) each chopped fresh Italian parsley and mint  
olive oil and white vinegar like apple cider vinegar to taste  
6 wraps of your choice, warmed  
white sesame seeds, toasted  
fresh mint and lemon wedges to serve

### STEAK

30 ml (2 tbsp) olive oil  
400 g steak like sirloin or rump, excess fat removed  
200 g broccoli, cut into small florets

## METHOD

### STEAK

1. Heat an AMC 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area.
2. Add a thin layer of oil and fry steak in batches until cooked to your preference. Make sure not to overcook them, and don't season with salt and pepper as the sauce will add the flavour. Repeat with any remaining steak. Remove from the pan and allow to rest, before slicing it.
3. Add remaining oil to the pan and fry the broccoli until charred but still bright green in colour. Remove from the pan. Meanwhile, cut steak against the grain, into thin slices.

### STICKY SAUCE

1. Mix the sauce ingredients together until well combined. Add to the lukewarm pan and slowly heat, to warm up the sauce, stirring continuously until heated through. Simmer for a few minutes until slightly thickened.
2. Add the steak and broccoli to the sauce and toss through until well coated.

### SLAW

1. Toss cabbage, carrot, pineapple and herbs together in a bowl. Drizzle with some oil and vinegar and toss through.
2. Top warm wraps with slaw, steak and broccoli. Sprinkle with sesame seeds and garnish with mint. Close wraps and serve with lemon wedges. Enjoy!