

Steak Kebab Serves 2

Ingredients:

2 lean beef medallions

2 Wholemeal pitta breads

1 tsp chilli flakes

1 tsp cumin

1 tsp smoked paprika

1 tsp sage

1 tsp mixed herbs

1 tsp ground ginger

Veg – use any veg you like, we love

Iceberg lettuce

Sliced tomatoes

Sliced raw onion

Sauce: Shop bough BBQ & Garlic sauce (I don't mind the few calories)

Method: Start with the seasoning, mix all your herbs and spices together in a little ramekin or jar. You won't use all of this so its handy to store in an airtight jar for the next time you make these, save you a bit of time!

On a hot pan add your beef medallions, I cook mine on high for 5 mins each side as we like ours rare but cook to you own liking

Remove from the pan and slice finely, then add a good splash of water to the juices and the bits that are stuck to the bottom of pan, this is going to 'deglaze' the pan and lift off the yummy flavour, then throw your sliced beef and coat with all those lovely juices, then sprinkle over some of your spice mix and stir again

In a large bowl add your cooked and seasoned beef, your chopped veg (lettuce, onion and tomato) and a squeeze of the sauces. Toss it all up and get everything coated

Toast and slice your pitta and fill it up with all that meaty saucy goodness