

STEAK WRAP WITH HORSERADISH SAUCE

INGREDIENTS

ITEM	QUANTITY
Sirloin Steak	1 Lb.
Garlic-Infused Olive Oil	1 Tbsp.
Smoked Paprika	½ Tsp.
Dried Thyme	½ Tsp.
Salt	½ Tsp.
Black Pepper	¼ Tsp.
Certified Low-Fodmap Tortillas	4
Chopped Romaine Lettuce	2 Cups
Shredded Carrots	½ Cup
Diced Firm Tomato	½ Cup
Lactose-Free Greek Yogurt	½ Cup
Prepared Horseradish, Onion- and Garlic-Free	1 Tbsp.
Lemon Juice	1 Tsp.
Onion- and Garlic-Free Dijon Mustard	1 Tsp.
Pinch of Salt and Black Pepper	

SERVING SIZE **1 FILLED WRAP**

PREPARATION

- Combine the yogurt, horseradish, lemon juice, Dijon, salt, and pepper. Refrigerate while preparing the steak.
- Pat the steak dry. Rub with garlic-infused oil, paprika, thyme, salt, and pepper.
- Heat a skillet or grill over medium-high heat. Cook the steak to your preferred doneness, using a thermometer to check food safety.
- Rest the steak for 5-10 minutes, then slice thinly against the grain.
- Spread horseradish sauce on the tortilla.
- Add lettuce, carrots, tomato, and sliced steak.
- Fold in the sides and roll tightly.

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