

# Beef shawarma

350g fillet steaks

2 tsps olive oil or 10g butter

## for the spice rub:

½ tsp ground cumin

½ tsp ground coriander

½ tsp paprika

½ tsp ground turmeric

½ tsp cayenne pepper

¼ tsp ground cinnamon

¼ tsp garlic powder

a pinch of sea salt and ground black pepper

SERVES 2

Place the spice rub ingredients in a bowl and stir well. Pour the mixture onto a plate. Add the steaks and turn to coat in the spices.

Melt the oil/butter in a heavy-based pan or skillet over a medium heat. Add the steak and cook for the following times:

**Rare – 2-4 minutes each side.**

**Medium – 3-6 minutes each side.**

**Well done – 7-8 minutes each side.**

Slice the steaks and serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

## Serving suggestion:

Serve with rice, salad and mixed pickles.



PER SERVING:  
(Serving suggestions not included)  
285 Calories  
1g Carbs  
32g Protein  
17g Fat



SCAN TO MYFITNESSPAL