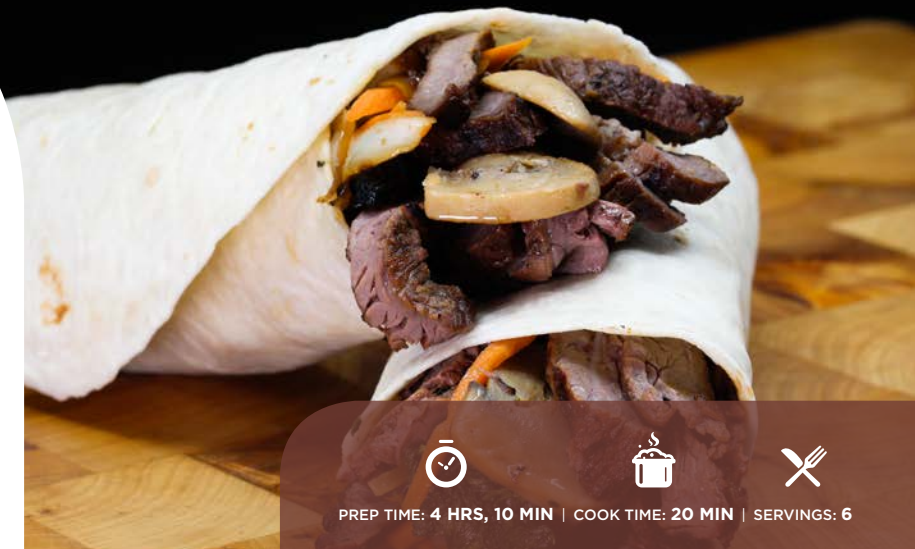


FLANK STEAK TORTILLA WRAPS



PREP TIME: 4 HRS, 10 MIN | COOK TIME: 20 MIN | SERVINGS: 6



Tortillas are versatile and delicious with a variety of fillings: chicken, pork, beef, or large game, and raw or cooked vegetables. Serve with salsa or lower fat sour cream.



ABOUT THE CHEF

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



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INGREDIENTS

- ⅓ cup (80 mL) soy sauce
- ¼ cup (60 mL) Worcestershire sauce
- ¼ cup (60 mL) lemon juice
- ⅓ cup (80 mL) olive oil
- ½ tsp (2.5 mL) cayenne pepper
- 2 tbsp (30 mL) brown sugar
- ½ tsp (2.5 mL) ground cumin
- ½ tsp (2.5 mL) salt
- ½ tsp (2.5 mL) ground black pepper
- 2.2 lb (1 kg) beef flank steak
- 1 medium onion, thinly sliced
- 2 carrots, thinly sliced
- 1 cup (250 mL) thinly sliced mushrooms
- ⅔ cup (160 mL) frozen spinach, thawed
- 6 wheat flour tortillas (6"/15 cm)

Optional: salsa and lower fat sour cream

DIRECTIONS

1. In a small bowl, whisk the soy sauce, Worcestershire sauce, lemon juice, and olive oil together. Add the cayenne pepper, brown sugar, cumin, salt and black pepper, and mix well. Reserve ¼ cup (60 mL) of marinade.
2. Place steak in a glass or stainless steel pan and pour the marinade overtop. Cover and marinate in the fridge for 2 to 4 hours, turning over every half hour.
3. Place the onion, carrots, and mushrooms in another glass or stainless steel pan. Pour the reserved marinade overtop and mix well.
4. Heat a heavy grill pan or cast iron frying pan to medium-high heat. Brown the steak for 7 minutes per side, turning down the heat slightly after browning the first side.
5. Once cooked, let steak rest on a cutting board while preparing the rest of the fillings.
6. Heat a skillet to medium heat and cook the marinated vegetable mixture for 5 minutes. Squeeze excess liquid from the spinach. Add spinach to the skillet, cover, and cook for 3 to 5 minutes.
7. Warm tortillas, if desired (see recipe tips).
8. Slice the steak against the grain and into ¼" (0.6 cm) thick strips.
9. Fill the tortillas one at a time. Place a few steak slices down the middle of a warmed tortilla, stopping about 1 ½" (3.8 cm) from the bottom edge. Spread vegetables over the meat, followed by salsa and/or sour cream, if using. Fold the bottom end of the tortilla up and then fold in the sides, leaving it open at the top.

TIPS

- » Warming tortillas makes them soft and easier to work with. Try warming them one of the following ways:
 - 1) **In the microwave**—In batches, wrap tortillas in a damp paper towel and microwave for 30 seconds, or until warmed through.
 - 2) **In the oven**—Wrap tortillas in aluminum foil and warm at 175°C (350°F) for 15 minutes.
 - 3) **On the stove-top**—Place tortillas in a frying pan over medium heat and cook for 30 seconds on each side.
- » Chill leftover tortillas for up to 3 days in the fridge.