



for the  
little ones



WEDGES, SLICED  
STEAK & DIP



# BuRRito Beef & WeDges

Mildly spiced sliced beef served with golden potato wedges and a creamy corn, capsicum and cucumber salad



40 Minutes



Beef



2 Servings

| Per serve : | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
|             | 40g     | 32g       | 48g           |

## FROM YOUR BOX

|                        |          |
|------------------------|----------|
| MEDIUM POTATOES        | 3        |
| CORN COB               | 1        |
| RED CAPSICUM           | 1        |
| BEEF STEAK (ONE PIECE) | 300g     |
| MEXICAN SPICE MIX      | 1 packet |
| LEBANESE CUCUMBER      | 1        |
| AIOLI                  | 1 sachet |
| LIME                   | 1        |

## FROM YOUR PANTRY

olive oil, salt, pepper

## COOKING TOOLS

oven tray, frypan, oven dish

Serve the beef, wedges and salad into wraps for a fun burrito-style dinner.

### Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

*Mexican spice mix: smoked paprika, ground cumin, dried oregano*



### 1. Roast the wedges

Set oven to 220°C. Cut **potatoes** into wedges and spread over a lined oven tray. Toss with **olive oil, salt and pepper**. Roast for 25–30 minutes until golden and tender.

**tip** Spread the wedges in a single layer so they crisp instead of steaming.



### 4. finish Steak in the oven

Add **1 tbsp olive oil** and the remaining **Mexican spice mix** to the frypan and cook for 30 seconds. Pour over the **beef**. Place in the oven to finish cooking for 5 minutes (below the wedges).



### 2. COOK CORN & CAPSICUM

Remove kernels from **corn cob**. Dice **capsicum**. Cook in a frypan with **oil** over medium-high heat for 4–5 minutes until lightly charred. Transfer to a bowl to cool. Reserve frypan.



### 5. finish the salad

Dice **cucumber** and add to the salad bowl. Stir in **aioli** and **juice from 1/2 lime**. Season with **salt and pepper**.

**tip** Keep aioli separate for dipping if preferred!



### 3. BROWN the Beef

Rub the **beef steak** with **1 tsp Mexican spice mix, salt and pepper**. Return the frypan to high heat with a little **oil**. Brown for 2–3 minutes on each side, then transfer to an oven dish.

**tip** If you prefer to finish your steak in the pan or BBQ, cook on medium heat.



### 6. SLice and SERve

Allow **beef** to rest for 5 minutes. Slice to serve with **wedges, creamy corn salad** and remaining **lime** cut into wedges.