

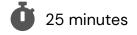




Fajita Steak and Rice

with Salsa

Tender sliced steak with fajita-style capsicum and onion served on a bed of smoked paprika rice and topped with guacamole and fresh tomato salsa.





2 servings



Switch it up!

You can change this dish into fried rice with steak on the side! Dice the tomato, capsicum and onion, cook in a wok before adding the cooked rice. Season with soy sauce.

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

BASMATI RICE	150g
ТОМАТО	1
CORIANDER	1 packet
AVOCADO	1
BEEF STEAKS	300g
BROWN ONION	1
GREEN CAPSICUM	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce, smoked paprika, ground cumin, vinegar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

You can cook the rice in liquid stock or add a stock cube for extra flavour!

You can use lime or lemon juice with the avocado if preferred.



1. COOK THE RICE

Place rice and 1/2 tsp paprika and 1/4 tsp salt in a saucepan, cover with 300ml water (see notes). Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



3. COOK THE STEAK

Dice tomato and chop coriander. Toss Heat a fryp together with 1 tsp vinegar. Season with Coat steaks visualt and pepper.

Cook for 2-4

Mash avocado with 1 tsp vinegar (see notes). Set aside.

2. PREPARE THE TOPPINGS

Heat a frypan over medium-high heat. Coat steaks with **2 tsp cumin**, **oil** and **salt**. Cook for 2-4 minutes each side or to your liking. Set aside to rest, keep pan on heat.



4. SAUTÉ THE VEGETABLES

Add oil to pan. Slice onion and capsicum. Add to pan along with 1 tbsp soy sauce and 1 tsp paprika. Cook for 5 minutes until softened. Stir in 1/4 cup water and simmer for 1 minute. Take pan off heat.



5. RETURN THE STEAK

Slice steak and add to pan along with any resting juices. Toss to coat.



6. FINISH AND SERVE

Serve rice topped with fajita steak, salsa and mashed avocado.

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