



Product Spotlight: Avocado

Did you know avocado trees do not self-pollinate? They need another avocado tree close by to grow. So romantic!



Beef Burrito Wrap

A filling burrito wrap with Mexican beef strips, spiced rice, salad vegetables and sour cream, served with corn cobettes.



25 minutes



2 servings



Beef

Grill the Corn

If you love grilled corn as much as we do.. go for it! Rub with oil and grill on the barbecue until lightly charred all around. Enjoy with the burrito wraps – yum!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	55g	124g

FROM YOUR BOX

BROWN RICE	150g
FESTIVAL LETTUCE	1
TOMATO	1
AVOCADO	1
SOUR CREAM	1 tub
WRAPS	1 packet
CORN COB	1
BEEF STRIPS	250g
TOMATO PASTE	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

large frypan, 2 saucepans

NOTES

Set oven to 180°C. Wrap wraps in foil or baking paper and place in the oven for 5 minutes to warm through. Alternatively warm in a dry frypan.

No gluten option – wheat wraps are replaced with GF wraps.



1. COOK THE BROWN RICE

Place rice in a small saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes. Drain and rinse, see step 5.



2. PREPARE THE INGREDIENTS

Separate lettuce leaves, dice tomato and slice avocado. Arrange on a platter with sour cream. Warm the wraps if you prefer (see notes).



3. COOK THE CORN

Quarter corn cob and place in a saucepan of water. Bring to a boil, drain and place in a serving bowl.



4. COOK THE BEEF STRIPS

Toss beef strips with **1 tbsp oil, 1 tsp cumin and 1 tsp smoked paprika, salt and pepper**. Heat a large frypan over high heat. Cook beef strips in batches (if needed) for 2 minutes or until browned. Set aside as you go.



5. FINISH THE BEEF

Keep pan over medium heat, add rice, **1/4 cup water** and tomato paste. Cook for 2–3 minutes then return beef strips (and resting juices) to warm through and adjust seasoning with **salt and pepper** to taste.



6. FINISH AND SERVE

Take everything to the table with wraps and allow everyone to assemble their own burritos. Serve with corn cobs.



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