



### Product Spotlight: Nectarine

A firm nectarine makes a nutritious snack; serve them sliced with a drizzle of honey for a nutrient-packed dessert!



## Beef Fajitas with Tropical Salsa

Tender beef, wrapped in a tortilla with delicious tropical salsa and whipped avocado.

 30 minutes

 2 servings

 Beef

## Mix it up!

*Dice the avocado and toast the tortillas to make them crispy. Break up and toss together with leaves and salsa for an all in one salad. Dress all with the lime juice, olive oil, salt and pepper. Serve with steaks.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	29g	55g

## FROM YOUR BOX

NECTARINE	1
RED CAPSICUM	1
MINT	1 bunch
LIME	1
AVOCADO	1
BEEF STIR-FRY STRIPS	300g
SHALLOT	1
WHEAT WRAPS	1 packet
MESCLUN LEAVES	60g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika

## KEY UTENSILS

large frypan, stick blender or small processor

## NOTES

If you don't have a stick blender mash the avocado with a fork and reduce the water to 1 tbsp.

Instead of heating the wraps in the oven, you can heat them in a second frypan or in a sandwich press.

**No gluten option** - wraps are replaced with **corn tortillas**. Heat in a dry frypan according to packet instructions.



### 1. MAKE THE SALSA

Set oven to 200°C. See step 5 (optional).

Dice **nectarine** and **capsicum**. Shred **mint leaves** (use to taste). Toss together in a bowl with **1/2 lime zest and juice**, **1 tbsp olive oil**, **salt and pepper**.



### 2. WHIP THE AVOCADO

Dice **avocado** and put into a jug with **remaining lime juice**, **2 tbsp water**, **salt and pepper**. Blend together with a stick mixer until smooth (see notes).



### 3. COOK THE BEEF

Heat a frypan over high heat. Coat **beef** with **oil**, **1 tsp smoked paprika**, **salt and pepper**. Cook for 2-4 minutes each side or until cooked to your liking. Set aside on a plate to rest. Keep frypan over medium heat.



### 4. COOK THE SHALLOT

Add **1 tbsp oil** to frypan. Slice and add **shallot**. Cook for 5-6 minutes until starting to caramelize. Add **beef** back to pan. Toss well and season with **salt and pepper**.



### 5. HEAT THE WRAPS

Place **wraps** in baking paper or foil and place in oven for 5 minutes to warm through (see notes).



### 6. FINISH AND SERVE

Take **all components** to the table with **mesclun leaves** and construct **tortillas** to taste.



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