



### Product Spotlight: Tomato

Although tomatoes are fruit, they are more like vegetables nutritionally. Keep them on your bench top for a rich, ripe flavour.



## 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.



25 minutes



2 servings



Beef

### 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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	18g	37g

## FROM YOUR BOX

BASMATI RICE	150g
TOMATO	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.



### 2. PREPARE THE TOPPINGS

Dice tomato and chop coriander. Toss together with **1 tsp vinegar**. Season with **salt and pepper**.

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



### 3. COOK THE STEAK

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.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

