



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
	30g	30g	35g

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 medium-low 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**, **tomato salsa** and mashed **avocado**.

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