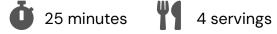






# **Beef Burrito Wrap**

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







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!

PROTEIN TOTAL FAT CARBOHYDRATES

68g

#### FROM YOUR BOX

BROWN RICE	150g
FESTIVAL LETTUCE	1
TOMATOES	2
AVOCADO	1
SOUR CREAM	1 tub
WRAPS	1 packet
CORN COBS	2
BEEF STRIPS	500g
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 1 packet GF wraps. You can also serve the ingredients as a Burrito Bowl!





## 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 tomatoes and slice avocado. Arrange on a platter with sour cream. Warm the wraps if you prefer (see notes).



#### 3. COOK THE CORN

Quarter corn cobs 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 2 tbsp oil, 2 tsp cumin and 2 tsp smoked paprika, salt and pepper. Heat a large frypan over high heat. Cook beef strips in batches for 2 minutes or until browned. Set aside as you go.



# 5. FINISH THE BEEF

Keep pan over medium heat, add rice, 1/3 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.

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



