



### 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



4 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 |
|------------|---------|-----------|---------------|
|            | 28g     | 19g       | 55g           |

## 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!



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### 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**

