



**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.

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.



30 minutes



4 servings



Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	25g	74g

FROM YOUR BOX

NECTARINES	3
RED CAPSICUM	1
MINT	1 bunch
LIME	1
AVOCADO	1
BEEF STIR-FRY STRIPS	600g
BROWN ONION	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 **nectarines** and **capsicum**. Shred **mint** leaves (use to taste). Toss together in a bowl with 1/2 lime zest and juice, **2 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**, **2 tsp smoked paprika**, **salt and pepper**. Cook, in batches, 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 ONION

Add **1 tbsp oil** to frypan. Slice and add **onion**. 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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