



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



4/6 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
4/6 Person:	39g	20g/22g	68g/70g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
TOMATOES	2	3
CORIANDER	1 packet	1 packet
AVOCADO	1	2
BEEF STEAKS	600g	600g + 300g
BROWN ONION	1	1
GREEN CAPSICUM	1	2

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 smoked paprika** and **1/2-1 tsp salt** in a saucepan, cover with **600ml water** (see notes). Bring to a boil. Cover, reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P – use 900ml water for the rice.



4. SAUTÉ THE VEGETABLES

Add **oil** to pan. Slice **onion** and **capsicum**. Add to pan along with **1 tbsp soy sauce** and **2 tsp paprika**. Cook for 5 minutes until softened. Stir in **1/4 cup water** and simmer for 1 minute. Take pan off heat.

6P – add 1 1/2 tbsp soy sauce and 3 tsp smoked paprika. Stir in 1/2 cup water.



2. PREPARE THE TOPPINGS

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

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

6P – use 2 tsp vinegar each in salsa and mashed avocado.



5. RETURN THE STEAK

Slice **steak** and add to pan along with any **resting juices**. Toss to coat.



3. COOK THE STEAK

Heat a frypan over medium-high heat. Coat **steaks** with **1 tbsp cumin, oil** and **salt**. Cook for 2-4 minutes each side or to your liking. Set aside to rest, keep pan on heat.



6. FINISH AND SERVE

Serve **rice** topped with **fajita steak, tomato salsa** and **mashed avocado**.

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