



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



4/6 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
4/6 Person:	35g/36g	20g/23g	59g/62g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	150g	2 x 150g
FESTIVAL LETTUCE	1	1
TOMATOES	2	3
AVOCADO	1	2
SOUR CREAM	1 tub	2 tubs
WRAPS	1 packet	2 packets
CORN COBS	2	3
BEEF STIR-FRY STRIPS	500g	500g + 250g
TOMATO PASTE	1 sachet	2 sachets

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 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.



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.

6P – use **3 tsp cumin** and **3 tsp smoked paprika**.



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).



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.

6P – add **rice**, **1/2 cup water** and **tomato**



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.



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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

