



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Avocado

An avocado has more potassium than a banana, with a whopping 975 mg. A banana typically has 544 milligrams.



3 Mexican Beef Tortillas

Mashed avocado, fried beef in a Mexican-style sauce, fresh greens and grated cheese, all enjoyed in a soft tortilla wrap. The ultimate family-friendly weeknight meal!

 30 minutes

 2 servings

 Beef

2 July 2021

Mexican night

Set the mood for this Mexican-style dinner; have the kids put on Mexican music and have them taste-test the dish with you to learn about smoked paprika, oregano and cumin.

FROM YOUR BOX

AVOCADO	1
CHIVES	1/3 bunch *
BEEF STRIPS	300g
SHALLOT	1
TOMATO SUGO	1/2 jar
TOMATO	1
RED CAPSICUM	1/2 *
MESCLUN LEAVES	1/2 bag (60g) *
GRATED CHEESE	1/2 packet *
TORTILLAS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, dried oregano, smoked paprika, balsamic vinegar, ground cumin

KEY UTENSILS

frypan

NOTES

You can heat the tortillas in a sandwich press or frying pan to avoid turning on the oven.

Instead of oil, you can mash the avocado with sour cream, aioli or natural yoghurt.

No beef option – beef strips are replaced with chicken strips. Cook all at once, then add onion and sugo.

No gluten option – tortillas are replaced with GF wraps.



1. MASH THE AVOCADO

Set oven to 200°C (see notes).

Mash avocado with **1 tbsp olive oil** (see notes), **1/2 tbsp vinegar, salt and pepper**. Chop chives and stir through.



2. COOK THE BEEF

Heat a frypan over high heat. Coat beef strips with **oil, 1 tsp paprika, 1 tsp cumin, 1 tsp oregano, salt and pepper**. Add to pan in batches and cook for 2–3 minutes. Keep pan.



3. COOK THE SHALLOT

Reheat pan with **oil** over medium–high heat. Slice and add shallot, cook for 3–4 minutes until softened. Return beef and pour in sugo. Cook for 2 minutes.



4. PREP FRESH INGREDIENTS

Slice tomato and capsicum. Arrange on a plate with mesclun leaves and grated cheese.



5. WARM THE TORTILLAS

Wrap tortillas (to taste) in baking paper or foil and place in the oven for 5 minutes to heat through.



6. FINISH AND PLATE

Take all the components to the table and let everyone assemble their own tortillas.

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**

