



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Avocado

It's super green and looks like a veggie, but it's actually a fruit! One avocado has a whopping 20 vitamins and minerals, so it's not just delicious, but also super healthy!



## 3 Beef Burritos with Whipped Avocado and Salsa

A sure dinner winner that'll go down a treat! Beef mince, beans, avocado and veggies... Yum!

 30 minutes

 2 servings

 Beef

7 September 2020

## Customised

*Separate the salsa ingredients if you have little kids at home - they love helping themselves! Plus, add any other favourite ingredients your family may have such as cucumber, corn, cheese or sour cream.*

## FROM YOUR BOX

BEEF MINCE	300g
SHALLOT	1
TOMATO PASTE	1 sachet
BLACK BEANS	400g
CHERRY TOMATOES	1/2 bag (100g) *
GREEN CAPSICUM	1/2 *
SNOW PEAS	1/2 bag (75g) *
TORTILLA WRAPS	1 packet
AVOCADO	1
LIME	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

## KEY UTENSILS

frypan, stick mixer (see notes)

## NOTES

Instead of using a stick mixer, you can mash the avocado using a fork or potato masher, or simply slice/dice it and add to the salsa.

**No beef option** – beef mince is replaced with chicken mince. Cook as per recipe with the addition of 1 tbsp oil at step 1.

**No gluten option** – tortillas are replaced with GF wraps.



### 1. COOK THE MINCE

Set oven to 180°C (optional, see step 4).

Heat a frypan over medium-high heat. Add the mince and cook for 4-5 minutes, breaking apart with a spatula as you go. Dice and add shallot. Cook for a further 4 minutes.



### 2. ADD THE SEASONING

Add **1 tbsp smoked paprika**, **1 tbsp cumin** and **1/2 tsp oregano** with tomato paste, drained beans and **1/2 cup water**. Bring to a simmer and cook, semi-covered, for 8-10 minutes. Season with **salt and pepper**.



### 3. MAKE THE SALSA

Quarter cherry tomatoes, dice capsicum and slice snow peas. Toss together in a bowl with **oil, salt and pepper**.



### 4. HEAT THE TORTILLAS

Wrap tortillas in foil and place in the oven for 5 minutes to warm through (optional).



### 5. WHIP THE AVOCADO

Roughly chop avocado and place into a jug with **1/2 tsp lime zest**, juice from **1/2 lime**, **1 tbsp olive oil** and **2 tbsp water**. Blend together using a stick mixer and season with **salt and pepper**.



### 6. FINISH AND PLATE

Wedge remaining lime.

Take mince, salsa, avocado and lime wedges to the table with the warmed tortillas. Let everyone make their own!

**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**

