



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

 4 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	500g
BROWN ONION	1
SALSA	1 jar
TOMATOES	2
GREEN CAPSICUM	1
MESCLUN LEAVES	1/2 bag (100g) *
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

large 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 salsa.

**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 tsp 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 ONION

Reheat pan with **oil** over medium–high heat. Slice and add onion, cook for 4–5 minutes until softened. Return beef and pour in salsa. Cook for 2 minutes.



### 4. PREP FRESH INGREDIENTS

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



### 5. WARM THE TORTILLAS

Wrap tortillas 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**

