



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

 4 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	600g
BROWN ONION	1
TOMATO PASTE	1 sachet
BLACK BEANS	400g
CHERRY TOMATOES	1/2 bag (200g) *
GREEN CAPSICUM	1
RADISHES	1/3 bunch *
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

large 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 onion. Cook for a further 4 minutes.



2. ADD THE SEASONING

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



3. MAKE THE SALSA

Quarter cherry tomatoes, dice capsicum and radishes. 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**

