



Product Spotlight: Corn Cobs

Keep your corn in their husks and store in the fridge for up to 5 days. For longer storage, cut off the kernels and freeze in an airtight container.



Fajita Chipolata Tray Bake

This quick and tasty Fajita Chipolata Tray Bake features spiced roast veg and beef chipolatas, served with creamy lime yoghurt, avocado, and warm wraps for an easy build-your-own dinner.



30 minutes



4 servings



Beef

Switch it up!

Turn it into a bowl-style meal by serving everything over rice, quinoa, or salad greens instead of using the wraps. The wraps can be stored in the cupboard for lunch or dinner another day.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	88g	48g

FROM YOUR BOX

CORN COBS	2
CHERRY TOMATOES	2 x 200g
BEEF CHIPOLATAS	600g
LIME	1
NATURAL YOGHURT	1 tub (170g)
AVOCADO	1
WRAPS	8-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

oven tray

NOTES

Smoked paprika and ground cumin can be substituted with dried oregano, ground paprika, or a Mexican spice mix.

Want extra veg? Add sliced red onion, capsicum, or zucchini to the tray bake.

Spice up this dish with a drizzle of hot sauce or chipotle mayo, slices of jalapeño or your chilli or choice.

No gluten option – wraps are replaced with **corn tortillas**. Warm according to packet instructions.



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1. PREPARE THE VEGGIES

Set oven to 220°C.

Remove **corn kernels** from cobs and halve **tomatoes**. Toss on a lined oven tray with **oil**, **1 tsp smoked paprika**, **1 tsp cumin**, **salt and pepper** (see notes).



4. WARM THE WRAPS

Cover **wraps** in baking paper and warm in the oven for 3–4 minutes (alternatively warm in a dry frypan).



2. ADD THE CHIPOLATAS

Add **chipolatas** to oven tray. Drizzle lightly with **oil**. Bake for 15–20 minutes until sausages are cooked through.



5. FINISH AND SERVE

Serve **chipolata tray bake** tableside with **wraps**, **avocado**, **lime yoghurt** and **lime wedges** (see notes).



3. PREPARE THE YOGHURT

Zest **lime** and mix with **yoghurt**, **salt** and **pepper** in a bowl. Set aside in the fridge until serving.

Wedge remaining **lime** and slice **avocado**.

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