




Product Spotlight: Sweet Corn

Corn is an unusual food, falling into not just one food category but two. While the kernels are classified as a vegetable, if you dry them and make popcorn, they are considered a grain!




Beef Strip Tortillas with Chimichurri

Soft wheat tortillas filled with Mexican-spiced beef strips and fresh mint chimichurri sauce, served with corn on the cob!

 25 minutes

 Beef

 2 servings

Switch it up!

Customise these tortillas with any extra vegetables you may have! BBQ capsicum, sliced avocado or diced cucumber work well. Add a squeeze of lime or a dollop of sour cream if you have some!

Per serve: **PROTEIN** 44g **TOTAL FAT** 22g **CARBOHYDRATES** 65g

FROM YOUR BOX

CORN COB	1
MINT	1 packet
TOMATO	1
GARLIC CLOVE	1
BROWN ONION	1
WRAPS	8-pack
BEEF STIR FRY STRIPS	300g
MEXICAN SPICE MIX	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, chilli flakes (optional)

KEY UTENSILS

griddle pan or BBQ

NOTES

Cook corn on the BBQ if preferred. Add onions and beef strips to the flat side of the BBQ so you can cook everything at the same time!

No gluten option – plain wraps are replaced with corn tortillas.



1. CHAR THE CORN

Remove husks and silks from **corn cobs** and rub with **oil**. Heat a large frypan (see notes) over medium-high heat. Cook for 10 minutes, turning occasionally, or until cooked through. Remove to a plate and pan over heat for step 3.



2. MAKE THE CHIMICHURRI

Finely chop **mint leaves** and **tomato**. Combine with **crushed garlic clove**, **1 tbsp red wine vinegar**, **1 tbsp olive oil**, **1/4 tsp chilli flakes (optional)**, **salt and pepper**. Set aside.



3. COOK THE ONION

Slice **onion** and add to pan with **oil**. Cook for 5–8 minutes until softened.



4. WARM THE WRAPS

Set oven to 180°C. Cover **wraps** (use wraps to taste) in baking paper and warm in the oven for 3–4 minutes.



5. COOK THE BEEF STRIPS

Coat **beef strips** with **Mexican spice mix**, **salt and pepper**. Increase pan to high heat and add **oil**. In batches, cook **beef strips** for 2 minutes, tossing once, until browned.



6. FINISH AND SERVE

Cut **corn** into cobs. Assemble **tortillas** with **cooked onion**, **beef strips** and **chimichurri**. Serve with **corn**.



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