



Beef Fajita Bowl

A simple take on classic fajita flavours! Seasoned beef, capsicum and onion, served over wholesome brown rice and topped with a bright lime-coriander dressing.



35 minutes



4 servings



Beef

FROM YOUR BOX

BROWN RICE	300g
BEEF MINCE	600g
BROWN ONION	1
RED CAPSICUM	1
GREEN CAPSICUM	1
LIME	1
CORIANDER	1 packet

FROM YOUR PANTRY

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

NOTES

Create burritos using tortillas and a smear of sour cream or guacamole.

Add extra vegetables like zucchini, corn, or spinach if you have them on hand.

1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 20–25 minutes, or until tender. Drain and rinse.

2. COOK THE BEEF

Heat **oil** in frypan over medium–high heat. Add **beef mince**, cook 2–3 minutes until beginning to brown. Slice **onion** and **capsicums**, add to pan. Stir in **1 tbsp cumin**, **1 1/2 tbsp smoked paprika**, Cook 6–8 minutes until vegetables are tender and beef is cooked through. Stir in **2 tbsp water**, season with **salt and pepper**.

TIP *Add 2 tbsp tomato paste or salsa for richness. Stir in black beans or kidney beans for added protein and fibre. You can use a pre-made spice mix or paste if you have one.*

3. PREPARE THE DRESSING

Zest and juice **1/2 lime** (wedge remaining). Finely chop **coriander stems**. Whisk together with **2 tbsp olive oil**, **salt**, and **pepper**.

TIP *Add a pinch of chilli flakes or a dash of honey for extra zing.*

4. FINISH AND SERVE

Divide **rice** among bowls. Top with **fajita beef** and **vegetables**. Spoon over **lime dressing** to taste. Garnish with **coriander leaves** and **lime wedges**.

TIP *You can add toppings like avocado, sour cream, grated cheese, or corn chips for crunch.*

This recipe has simplified instructions to help lower your meal cost.