



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Beef Fajita Bowl

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



35 minutes



4/6 servings



Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BEEF MINCE	600g	600g + 300g
BROWN ONION	1	1
RED CAPSICUM	1	2
GREEN CAPSICUM	1	2
LIME	1	2
CORIANDER	1 packet	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.

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1. COOK THE RICE

Place rice in a saucepan and cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork

6P – use 900ml water.

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 **1–2 tbsp cumin**, **1 1/2–2 tbsp smoked paprika**, Cook 6–8 minutes until **vegetables** are tender and **beef** is cooked through. Stir in **2–3 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**.

6P – zest and juice 1 lime (wedge remaining). Whisk together 3 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.