



### Product Spotlight: Black Rice

Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



## 4 Tex Mex Steak with Black Rice

Tender, smokey beef steaks, sliced and served on a bed of black rice with a fresh taco salad and zesty lime dressing.

 30 minutes

 2 servings

 Beef

12 October 2020

### Spice it up!

*If you have your own Mexican spice rub you can use that on your steak instead. Add some of your favourite hot sauce to the dressing or some pickled jalapeños to garnish at the end if you like a little spice!*

Per serve: **PROTEIN** 44g **TOTAL FAT** 30g **CARBOHYDRATES** 73g

## FROM YOUR BOX

BLACK RICE	150g
BABY COS LETTUCE	1
TOMATO	1
YELLOW CAPSICUM	1/2 *
SPRING ONION	1 *
AVOCADO	1
LIME	1
BEEF STEAKS	300g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter (for cooking + olive) salt and pepper, ground cumin, smoked paprika, sugar (of choice), balsamic vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Mash the avocado and transform into a guacamole if preferred.

**No beef option – beef steaks are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse with cold water.



### 2. PREPARE THE SALAD

Rinse and shred lettuce leaves. Dice tomato and capsicum. Slice spring onion and avocado (see notes). Set aside.



### 3. PREPARE THE DRESSING

Whisk 1/2 lime zest and juice (wedge remaining) with 1/2 tsp sugar, 1 tsp balsamic vinegar and 1 tbsp olive oil. Season with salt and pepper.



### 4. PREPARE THE STEAKS

Coat steaks with 1/2 tsp smoked paprika, 1 tsp cumin, oil, salt and pepper.



### 5. COOK THE STEAKS

Heat a frypan over medium-high heat with 1 tbsp oil or butter. Cook steaks in pan for 2-4 minutes each side or until cooked to your liking.



### 6. FINISH AND PLATE

Divide rice and salad among bowls. Slice and add steak. Spoon over dressing to taste and serve with lime wedges.

**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**

