



Product Spotlight: Avocado


Did you know that avocado is a fruit? Just 1/3 of an avocado contains twenty different vitamins and minerals! It is the only fruit to contain heart healthy monounsaturated fat... good fat!



4 Mexican Stew with Beef Steak and Avocado Topping

A Mexican spiced tomato and kidney bean stew topped with tender sliced steak, avocado and coriander.

 30 mins

 4 servings

 Beef

2 April 2021

Stretch the Dish!

*You can add extra vegetables to the beans – corn or zucchini work well!
Serve with a side of corn chips or with tortillas for dipping if desired.*

Per serve: **PROTEIN** 43g **TOTAL FAT** 33g **CARBOHYDRATES** 35g

FROM YOUR BOX

SPRING ONIONS	1/3 bunch *
GREEN CAPSICUM	1
CELERY STALKS	2
TOMATOES	2
TINNED KIDNEY BEANS	400g
BEEF STEAKS	600g
AVOCADO	1
CORIANDER	1/2 packet *
ROCKET	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground coriander, ground cumin, apple cider vinegar

KEY UTENSILS

2 frypans

NOTES

You can save some of the spring onions to use as a fresh garnish.

No beef option – beef steaks are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes each side.



1. PREPARE VEGETABLES

Slice the spring onions into 4cm pieces (see notes). Dice capsicum, celery and tomatoes. Keep separate.



2. SAUTÉ THE VEGETABLES

Heat a frypan with **2 tbsp oil** over medium heat. Add spring onions, capsicum and celery along with **3 tsp ground coriander** and **2 tsp cumin**. Stir and cook for 4-5 minutes.



3. ADD IN BEANS

Increase pan heat to medium-high. Add beans (with water) to pan along with tomatoes. Cover and simmer for 6-8 minutes. Season with **salt and pepper**.



4. COOK THE STEAK

Heat a second frypan over medium-high heat. Coat steak with **oil**, **1 tsp ground coriander**, **salt and pepper**. Cook for 2-4 minutes on each side or until cooked to your liking. Set aside to rest.



5. MAKE FRESH TOPPING

Dice avocado and roughly chop coriander. Place in a bowl with rocket. Whisk together **2 tbsp olive oil**, **1 tbsp apple cider vinegar**, **salt and pepper**. Toss all together.



6. FINISH AND PLATE

Divide bean mix among shallow bowls. Top with sliced steak and fresh topping.

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**

