

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: La Tortilla


La Tortilla only use 2 ingredients to make their corn tortillas - premium Western Australian corn & water. The result is a gluten free, vegan friendly, preservative free, healthy bread alternative with a delicious rich nutty flavour.



2 Beef Tacos

Mexican spiced beef strips, wrapped in La Tortilla corn tortillas with charred corn, mashed avocado and cheese.

 20 minutes

 2 servings



 Beef

23 April 2021

Season the Guacamole

There are so many ways to season a guacamole! We have left the avocado sauce quite plain in this recipe on purpose but feel free to add lime zest, ground cumin, smoked paprika, chilli or fresh herbs such as chives/spring onions or coriander!

FROM YOUR BOX

CORN COB	1
BABY COS LETTUCE	1
TOMATO	1
RED CAPSICUM	1/2 *
AVOCADO	1
NATURAL YOGHURT	1/4 tub (50g) *
LIME	1
CHEDDAR CHEESE	100g
BEEF STRIPS 	1 packet (300g)
CORN TORTILLAS	8-pack
 JIMJAM BEANS	1 jar

*Ingredient also used in another recipe

FROM YOUR PANTRY

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

KEY UTENSILS


frypan x 2

NOTES

Halve and char the corn cob in a frypan or on the barbecue if you prefer!

It works perfectly to warm tortillas in a sandwich press too!

No beef option – beef strips are replaced with **chicken strips**. Increase cooking time to 5–7 minutes or until cooked through.

 **VEG OPTION** – Ingredients are replaced with **vegetarian alternatives** – follow the **cooking instructions as directed**.



1. CHAR THE CORN

Remove corn kernels from corn cob (see notes). Add to a large frypan with **oil** and cook over medium–high heat for 5 minutes or until golden. Set aside, reserve pan for step 4.



2. PREPARE THE FILLINGS

Shred lettuce, dice tomato and capsium.




3. MAKE THE SAUCE

Mix avocado with 2 tbsp yoghurt and juice from 1/2 lime using a fork or stick blender. Season well with **salt and pepper** to taste. Grate cheese.



4. COOK THE BEEF

Toss beef strips with **1 tsp cumin**, **1 tsp smoked paprika**, **salt and pepper**. Reheat frypan with **oil** over high heat. Cook beef strips for 2 minutes or until browned and cooked through.

 **VEG OPTION** – Reheat frypan and add **jimjam beans**. Warm for **2–3 minutes**.




5. WARM THE TORTILLAS

Heat another pan (see notes) over medium–high heat. Warm corn tortillas for 10 seconds on each side. Place in a clean kitchen towel as you go to keep warm.



6. FINISH AND PLATE

Take beef, corn, fresh salad ingredients, sauce and cheese to the table for everyone to assemble their own tacos. Serve with remaining lime cut into wedges.

 **VEG OPTION** – Take **beans, corn, fresh salad ingredients, sauce and cheese to the table for everyone to assemble their own tacos**. Serve with **lime wedges**.

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