

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Avocado

It's super green and looks like a veggie, but it's actually a fruit! One avocado has a whopping 20 vitamins and minerals, so it's not just delicious, but also super healthy!



## 3 Beef Burrito Wrap

A sure dinner winner that'll go down a treat! Mexican beef, avocado, veggies and sour cream... Yum!

 20 minutes

 2 servings

 Beef




7 December 2020

## Love grilled corn?

If you love grilled corn as much as we do.. go for it! Rub with oil and grill on the barbecue until lightly charred all around. Enjoy with the burrito wraps - yum!



## FROM YOUR BOX

BROWN RICE	50g
FESTIVAL LETTUCE	1/2 *
TOMATO	1
AVOCADO	1
SOUR CREAM	1 tub (200g)
TORTILLAS	1 packet
CORN COB	1
BEEF STRIPS 	250g
TOMATO PASTE	1 sachet
 YELLOW CAPSICUM	1
 BLACK BEANS	400g

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

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

## KEY UTENSILS


large frypan, 2 saucepans

## NOTES

Set oven to 180°C. Wrap tortillas in foil or baking paper and place in the oven for 5 minutes to warm through.

**No beef option** – beef strips are replaced with chicken strips. Increase cooking time to ensure chicken is cooked through.

**No gluten option** – tortillas are replaced with GF wraps.

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




### 1. COOK THE BROWN RICE

Place rice in a small saucepan and cover with water. Bring to the boil and simmer for 15 minutes. Drain and rinse, see step 5.



### 2. PREPARE THE VEGETABLES

Separate lettuce leaves, dice tomato and slice avocado. Arrange on a platter with sour cream. Warm the tortillas if you like, see notes.

 **VEG OPTION** – prepare vegetables as per recipe and slice capsicum in addition.




### 3. COOK THE CORN

Quarter corn cob and place in a saucepan of water. Bring to the boil, drain and place in a serving bowl.



### 4. COOK THE BEEF STRIPS


Toss beef strips with **1 tbsp oil, 1 tsp cumin and 1 tsp smoked paprika, salt and pepper**. Heat a large frypan and cook beef strips for 2 minutes or until browned. Set aside as you go.

 **VEG OPTION** – Heat a large frypan with **1 tbsp oil, 1 tsp cumin and 1 tsp smoked paprika**. Cook for 30 seconds.



### 5. FINISH THE BEEF

Keep pan over medium heat, add rice, **2 tbsp water** and tomato paste. Cook for 2–3 minutes then return beef strips (and resting juices) to warm through.

 **VEG OPTION** – Stir in rice with **2 tbsp water and tomato paste**. Cook for 3–4 minutes then stir in drained black beans. Season with salt and pepper to taste.



### 6. FINISH AND SERVE

Take everything to the table with tortillas and allow everyone to assemble their own tortillas. Serve with corn cobs.

**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](mailto:hello@dinnertwist.com.au)

