

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

 4 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 COBS	2
BABY COS LETTUCE	1
TOMATOES	2
RED CAPSICUM	1
AVOCADO	1
NATURAL YOGHURT	1/4 tub (50g) *
LIME	1
BEEF STRIPS 	1 packet (500g)
CORN TORTILLAS	12-pack
GRATED CHEESE	1 packet (200g)
 JIMJAM BEANS	1 jar
 BLACK BEANS	400g

*Ingredient also used in another recipe

FROM YOUR PANTRY

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


KEY UTENSILS

frypan x 2

NOTES

Char the corn cobs whole in a frypan or on the barbecue if you prefer!

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 cobs (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.



4. COOK THE BEEF

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

 **VEG OPTION** – Reheat frypan and add **jimjam beans and drained black beans**. Warm for 4–5 minutes.



2. PREPARE THE FILLINGS

Shred lettuce, dice tomatoes and capsicum.



5. WARM THE TORTILLAS

Heat another pan 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.




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.



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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