



Mexican Spiced Beef Fajita Bowls

with charred veg and lime quinoa

Family Quick Cook 20 – 25 mins

19



Beef Rump



Bell Pepper



Onion



Mexican Style Spice Mix



Tomato



Creme Fraiche



Lime



Chipotle Paste



Quinoa



Vegetable Stock

Pantry Items: Salt, Pepper, Sugar, Oil, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, pot with lid, zester, sieve

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Mexican Style Spice Mix	2 sachets	4 sachets
Tomato	2 units	4 units
Creme Fraiche	65 g	110 g
Lime	1 unit	2 units
Chipotle Paste	1 sachet	2 sachets
Quinoa	170 g	335 g
Vegetable Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	519.5 g	100 g
Energy (kJ/kcal)	3171.5 kJ/ 758 kcal	610.5 kJ/ 145.9 kcal
Fat (g)	28.7 g	5.5 g
Sat. Fat (g)	12.2 g	2.3 g
Carbohydrate (g)	80.1 g	15.4 g
Sugars (g)	17.4 g	3.3 g
Protein (g)	45.6 g	8.8 g
Salt (g)	2.8 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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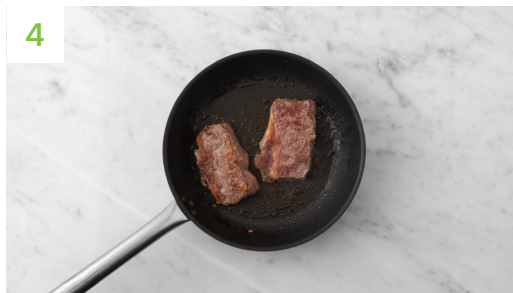


You can recycle me!



Cook the Quinoa

- Boil a large pot of **water** for the **quinoa**.
- Stir in the **stock** and **quinoa** and bring back up to the boil.
- Cook until the **quinoa** has doubled in size and the seed has visibly split, 12-15 mins.
- Drain in a sieve and return to the pot, off the heat. Season to taste with **salt** and **pepper**.
- Cover with a lid and set aside.



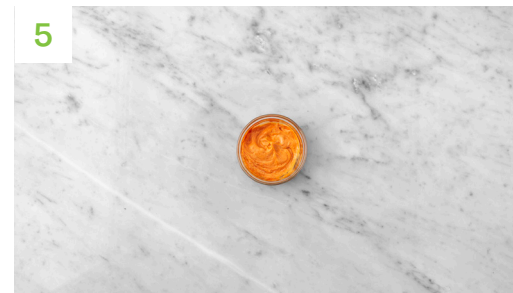
Sear the Beef

- While the veg roasts, place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **beef** until browned, 1-2 mins each side for medium-rare.
- Cook for another 1-2 mins on each side if you like it medium and a further 1-2 mins on each side if you want it well-done. **IMPORTANT:** Meat is safe to eat when the outside is browned.
- Once cooked, remove from the pan, cover and allow to rest.



Prep the Veg

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Halve, peel and thinly slice the **onion**.
- Zest the **lime**. Cut **half** into wedges and juice the rest.
- Chop the **tomato** into small pieces.
- Season the **beef** with **salt, pepper** and **half** the **Mexican spice**. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging.



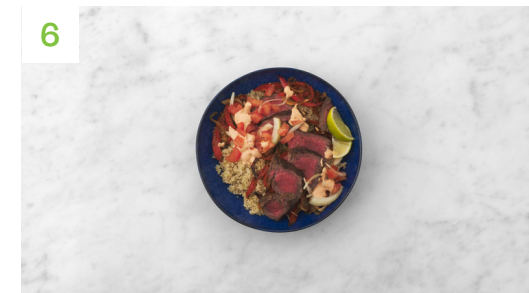
Make Your Sauce

- Add 1 tsp **lime** juice, ¼ tsp **sugar** (double both for 4p), the **creme fraiche**, **chipotle paste** and **half** the **lime** zest to a small bowl.
- Season with **salt** and **pepper**, then mix to combine.
- Thinly slice the **beef**.



Roast the Veg

- Add the **bell pepper** and **half** the **onion** to a lined baking tray.
- Toss with **salt, pepper**, the remaining **Mexican spice** mix and a drizzle of **oil**.
- Roast on the middle shelf of the oven until tender, 13-16 mins.
- Meanwhile, in a bowl, mix together the **tomato** and remaining **onion**.
- Season to taste with **salt, pepper** and a drizzle of **oil**.



Finish and Serve

- Stir the remaining **lime** zest through the **quinoa**, fluffing it up as you go.
- Divide the **quinoa** and roast veg between bowls.
- Top with the sliced **beef rump**.
- Add a dollop of zesty **creme fraiche** then spoon over the **tomato onion** salsa.
- Serve remaining **lime** wedges on the side for squeezing over.

Enjoy!