



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mango

Mangoes were first grown in India over 5,000 years ago. In fact, the paisley pattern which was first developed there, is based on the shape of a mango.



3 Sliced Beef Fajitas with Mango Salsa

Tender sliced beef, wrapped in a tortilla with delicious tropical mango salsa and whipped avocado.

 30 minutes

 2 servings

 Beef

3 December 2021

Mix it up!

Dice the avocado and toast the tortillas to make them crispy. Break up and toss together with leaves and salsa for an all in one salad. Dress with all the lime juice, olive oil, salt and pepper. Serve with steaks.

FROM YOUR BOX

MANGO	1
RED CAPSICUM	1
MINT	1 bunch
LIME	1
AVOCADO	1
BEEF STEAKS	300g
SHALLOT	1
TORTILLAS	1 packet
MESCLUN LEAVES	1 bag (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika

KEY UTENSILS

frypan, stick mixer or small processor

NOTES

If you don't have a stick blender mash the avocado with a fork and reduce the water to 1 tbsp.

Instead of heating tortillas in the oven, you can heat them in a second frypan or in a sandwich press.

No beef option – beef steaks are replaced with chicken strips. Combine step 3 and 4 and cook together for 6–8 minutes or until chicken is cooked through.

No gluten option – tortillas are replaced with GF wraps.



1. MAKE THE SALSA

Set oven to 200°C. See step 5 (optional).

Dice mango and capsicum. Shred mint (use to taste). Toss together in a bowl with 1/2 lime zest and juice, **2 tbsp olive oil, salt and pepper.**



2. WHIP THE AVOCADO

Dice avocado and put into a jug with remaining lime juice, **2 tbsp water, salt and pepper.** Blend together with a stick mixer until smooth (see notes).



3. COOK THE STEAKS

Heat a frypan over medium–high heat. Rub steaks with **oil, 1 tsp smoked paprika, salt and pepper.** Cook for 2–4 minutes each side or until cooked to your liking. Set aside on a plate to rest. Keep frypan over heat.



4. COOK THE SHALLOT

Add **1/2 tbsp oil** to frypan. Slice and add shallot. Cook for 3–4 minutes until starting to caramelize. Slice steaks and add to pan. Toss well and season with **salt and pepper.**



5. HEAT THE TORTILLAS

Wrap tortillas in baking paper or foil and place in oven for 5 minutes to warm through (see notes).



6. FINISH AND SERVE

Take all components to the table with mesclun leaves and construct tortillas to taste.

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**

