



### Product Spotlight: Avocado

Did you know that avocado is a fruit? Just 1/3 of an avocado contains twenty different vitamins and minerals! It is the only fruit to contain heart healthy monounsaturated fat... good fat!





## 4 Mexican Stew with Beef Steak and Avocado Topping

A Mexican spiced tomato and kidney bean stew topped with tender sliced steak, avocado and coriander.

### Stretch the Dish!

You can add extra vegetables to the beans – corn or zucchini work well!  
Serve with a side of corn chips or with tortillas for dipping if desired.

 30 mins

 2 servings

 Beef



## FROM YOUR BOX

SPRING ONIONS	2 *
RED CAPSICUM	1/2 *
CELERY STALK	1
CHERRY TOMATOES	1/2 bag (100g) *
TINNED KIDNEY BEANS	400g
BEEF STEAKS	300g
AVOCADO	1
CORIANDER	1/2 packet *
ROCKET	1/2 bag (60g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground coriander, ground cumin, apple cider vinegar

## KEY UTENSILS

2 frypans

## NOTES

You can save some of the spring onions to use as a fresh garnish.

**No beef option – beef steaks are replaced with chicken schnitzels.** Increase cooking time to 4–5 minutes each side.



### 1. PREPARE VEGETABLES

Slice the spring onions into 4cm pieces (see notes). Dice capsicum, celery and halve tomatoes. Keep separate.



### 2. SAUTÉ THE VEGETABLES

Heat a frypan with **2 tbsp oil** over medium heat. Add spring onions, capsicum and celery along with **3 tsp ground coriander** and **2 tsp cumin**. Stir and cook for 4–5 minutes.



### 3. ADD IN BEANS

Increase pan heat to medium–high. Add beans (with water) to pan along with tomatoes. Cover and simmer for 6–8 minutes. Season with **salt and pepper**.



### 4. COOK THE STEAK

Heat a second frypan over medium–high heat. Coat steak with **oil**, **1 tsp ground coriander**, **salt and pepper**. Cook for 2–4 minutes on each side or until cooked to your liking. Set aside to rest.



### 5. MAKE FRESH TOPPING

Dice avocado and roughly chop coriander. Place in a bowl with rocket. Whisk together **1 tbsp olive oil**, **1/2 tbsp apple cider vinegar**, **salt and pepper**. Toss all together.



### 6. FINISH AND PLATE

Divide bean mix among shallow bowls. Top with sliced steak and fresh topping.

**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**

