



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Fresh Wraps


Mughal Foods' wraps are soft, thin pastry made from plain flour, fully cooked and ready to eat. Store in your fridge or freeze to use at a later date.



1 Soft Shell Beef Tacos with Grilled Pineapple

Build your own beef tacos! A platter of soft shell tacos, cumin spiced beef, lime coleslaw, grilled pineapple and smoky aioli.

 20 minutes

 2 servings



 Beef

26 November 2021

Spice it up!

Not a fan of cumin? You can use smoked paprika, ground coriander or even cayenne pepper on the beef if you like it spicy!

FROM YOUR BOX

ORIENTAL SLAW	1 bag (250g)
LIME	1
AVOCADO	1
SMOKEY AIOLI	50g
TINNED PINEAPPLE RINGS	225g
BEEF STIR-FRY STRIPS 	250g
PLAIN WRAPS	6-pack
 JIMJAM BEANS	1 jar (560g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin

KEY UTENSILS


frypan, small saucepan (vegetarian option only)

NOTES

Smokey Aioli Ingredients: canola oil (non GM), free range eggs, tomato sauce, honey, mustard, lemon juice, garlic, salt, smoked paprika, hickory seasoning, white vinegar

No beef option - beef stir-fry strips are replaced with chicken stir-fry strips. Increase cooking time to 6-8 minutes or until cooked through.

No gluten option - plain wraps are replaced with corn tortillas.

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



1. PREPARE THE FILLINGS

Toss oriental slaw with 1/2 lime juice (wedge remaining) and 1 **tbsp olive oil**. Slice avocado and set aside with aioli.




2. GRILL THE PINEAPPLE

Drain and dice pineapple. Cook in frypan over medium-high heat with **oil** for 5 minutes until charred. Set aside with fillings.



3. COOK THE BEEF

Increase pan heat to high. Coat beef with **1/2 tbsp cumin, oil, salt and pepper**. Cook for 1-2 minutes until browned. Remove to bowl.

 **VEG OPTION - Add beans to a small saucepan and simmer over medium heat for 5 minutes until warmed through.**



4. WARM THE WRAPS

Wipe out pan and reduce heat to medium-high. Toast wraps for 10 seconds each side in pan. Keep warm.



5. FINISH AND SERVE

Serve wraps with beef and fillings for everyone to assemble their own tacos.

 **VEG OPTION - Serve as above with beans.**

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**

