



# Spiced Beef Fajita Bowls

with charred veg and lime rice

Family Quick Cook 25-30 mins

6



Beef Rump



Rice



Bell Pepper



Onion



Mexican Style Spice Mix



Tomato



Creme Fraiche



Lime

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

## Before you start

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

## Cooking tools you will need

Zester, Baking Sheet with Baking Paper, Lid, Medium Pot

## Ingredients

	2P	4P
Beef Rump	250 g	500 g
Rice	150 g	300 g
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Mexican Style Spice Mix	1 sachet	2 sachets
Tomato	2 units	4 units
Crema Fraiche	125 g	250 g
Lime	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	522.5 g	100 g
Energy (kJ/kcal)	3422.6 kJ/ 818 kcal	655 kJ/ 156.6 kcal
Fat (g)	41.2 g	7.9 g
Sat. Fat (g)	22.1 g	4.2 g
Carbohydrate (g)	75.4 g	14.4 g
Sugars (g)	11.6 g	2.2 g
Protein (g)	37.5 g	7.2 g
Salt (g)	0.3 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.

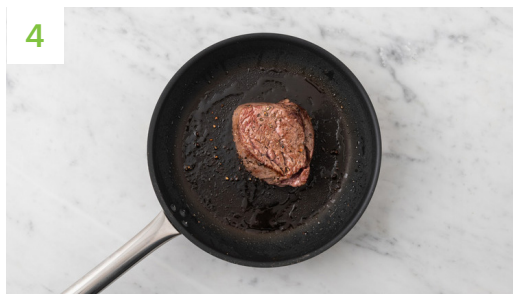


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### Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- 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 squeeze the rest.
- Chop the **tomato** into small pieces.



### Cook the Steak

- Add **oil** to a large pan on high heat.
- Season **steak** with **salt, pepper** and remaining **Mexican spice**. Once **oil** is hot fry until browned, 2-3 mins each side.
- For medium-rare fry 1-2 mins more on each side on medium heat.
- Cook 1-2 mins more each side if you prefer more well done.
- Once done, transfer to a board, cover and rest.  
**IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when outside is browned.



### Make the Rice

- Boil a large pot of **salted water** for the **rice**.
- When boiling add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

**TIP:** If you're in a hurry you can boil the water in your kettle.



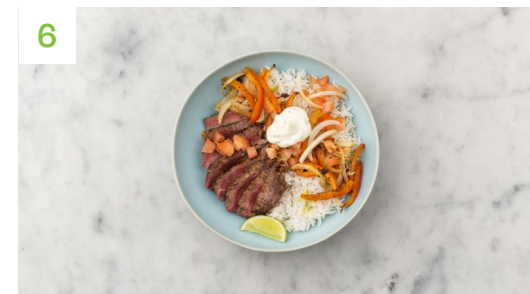
### Make Your Sauce

- Add 1 tsp **lime** juice and ¼ tsp **sugar** (double both for 4p), **crema fraiche** and half the **lime** zest to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.



### Roast the Veg

- Meanwhile add **peppers**, half the **onion**, half the **Mexican spice mix** and a drizzle of **oil** to a lined baking tray.
- Season with **salt** and **pepper**, then toss to combine.
- Roast in the middle of the oven until tender, 13-16 mins.
- In a bowl mix together the **tomato** and remaining **onion**.
- Season to taste with a drizzle of **oil, salt** and **pepper**.



### Finish and Serve

- Fluff **rice** with a fork, then stir in remaining **lime** zest. Divide **rice** and veg between bowls.
- Slice the **steak** and divide between bowls.
- Dollop **lime** sauce over top and spoon over the **tomato onion** salsa.
- Squeeze over a **lime** wedge, if desired.

Enjoy!