

Spiced Beef Fajita Bowls

with roast veg and lime rice

Family Quick Cook 25-30 mins









Beef Rum

Creme Fraich





Basmati Rice

Lim





Bell Pepper

Mexican Style Spice Mix





Tomato

Onior

Before you start

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

Cooking tools you will need

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

Ingredients

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

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Prep the Veg

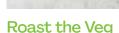
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the bell pepper and discard the core and seeds. Slice into thin strips.
- Halve, peel and thinly slice the onion.
- Zest the lime. Cut half into wedges and squeeze the rest.
- Chop the tomato into small pieces.



Cook the 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.



- 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.



Cook the Steaks

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

TIP: Cook 1-2 mins more each side for more well done.



Make Your Sauce

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



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!