



Spiced Beef Fajita Bowls

with roast veg and lime rice

Family Quick Cook 25-30 mins

6



Beef Rump



Creme Fraiche



Basmati Rice



Lime



Bell Pepper



Mexican Style Spice Mix



Tomato



Onion



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

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Crema 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.

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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 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.



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.



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!