



Mexican Beef Salad

with Avocado



20-30min



2 Portions

This super-easy plateful has it all; crunchy rocket, tangy vinaigrette, rich avo, juicy beef, tender stir-fried veggies and a mild hit of spicy Mexican flavours. Healthy eating never tasted so fabulous. This recipe is also suited to cooking in the Kenwood Multi-Smart thermo cooker, using the app, if you have one.

What we send

- avocado
- beef stir-fry
- Mexican spice blend
- rocket leaves
- capsicum
- spring onion
- tomato

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- white wine vinegar ¹⁷
- wholegrain mustard ¹⁷

Utensils

- paper towel

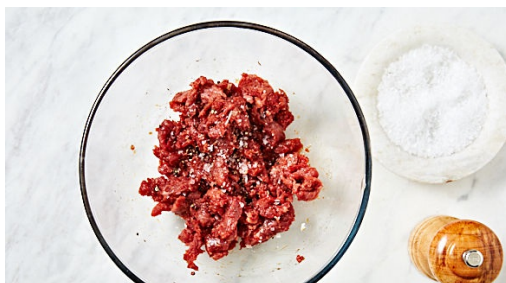
Our vegies come fresh from the farm, so please wash them before use.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 490kcal, Fat 31.4g, Carbs 5.4g, Proteins 44.8g



1. Marinate beef

Separate the **beef strips** and pat dry with paper towel. Combine **2 tsp olive oil** and **2 tsp Mexican seasoning** in a bowl (the remaining Mexican seasoning won't be used in this dish). Add the beef, season with **salt and pepper** and toss to coat.



2. Prepare ingredients

Thinly slice the **capsicum**, discarding the seeds and membrane. Trim and cut the **spring onion** into 4cm lengths, including the green stem. Halve the **avocado** (the remaining avocado won't be used in this dish) and cut into 1cm chunks. Cut the **tomato** into 2cm chunks.



3. Cook beef

Heat a large frypan over high heat. Stir-fry the **beef**, for 2-3 mins until just cooked through. Transfer to a plate.



4. Cook vegetables

Heat **2 tsp olive oil** in the pan over medium-high heat, stir-fry the **capsicum** and **spring onion** for 3 mins or until softened. Remove the pan from the heat.



5. Make dressing

Put **1 tbs extra virgin olive oil**, **1 tbs white wine vinegar** and **½ tsp wholegrain mustard** in a large bowl. Season with **salt and pepper** and whisk to combine.



6. Get ready to serve

Add the **rocket**, **tomato**, **capsicum** and **spring onion** to the **dressing** in the bowl and gently toss to coat. Divide the **salad** and **Mexican beef** among plates. Scatter over the **avocado** to serve.