

MARLEY SPOON



## Mexican Beef Salad

with Avocado



20-30min



4 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

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

## What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- white wine vinegar <sup>17</sup>
- wholegrain mustard <sup>17</sup>

## Utensils

- paper towel

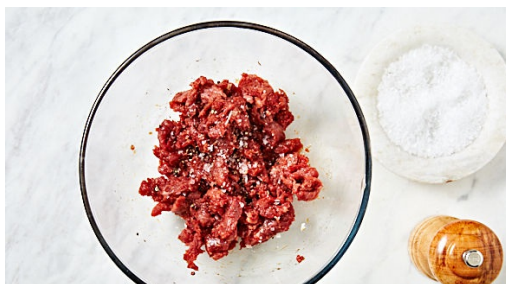
Our vegies come fresh from the farm, so please wash them before use.

### 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 **1 tbs olive oil** and **1 tbs 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 **capsicums**, discarding the seeds and membrane. Trim and cut the **spring onions** into 4cm lengths, including the green stem. Cut the **avocado** into 1cm chunks. Cut the **tomatoes** into 2cm chunks.



**3. Cook beef**

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



**4. Cook vegetables**

Heat **1 tbs 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 **2 tbs extra virgin olive oil**, **2 tbs white wine vinegar** and **1 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.