

# MARLEY SPOON



## Mexican Beef Burritos

with Smoked Cheese



20-30min



4 Portions

Say hello to easy weeknights with a simple take on delicious Tex Mex rolls. Seared beef steaks cook in a minute and rest while you make a quick filling of rice, capsicum and Mexican seasoning. Enclose it all in soft, warmed flour wraps with smoky cheese and you have dinner that's popular all round.

## What we send

- 7
- 17
- 1,6

## What you'll require

- sea salt and pepper
- water

## Utensils

- baking paper
- box grater
- foil
- medium saucepan with lid

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

## Cooking tip

If preferred, 8 mins before serving, heat a large frypan over medium-high heat. One at a time, warm the wraps in the pan for 30 secs each side until softened. Keep warm covered with a clean tea towel.

## Allergens

Gluten (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 1125kcal, Fat 36.1g, Carbs 135.2g, Proteins 60.6g



### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



### 2. Prepare ingredients

Heat oven to 220C (see cooking tip). Finely chop the **onion**. Crush or finely chop the **garlic**. Thinly slice the **capsicums**, discarding the seeds and membranes. Coarsely grate the **cheese**.



### 3. Cook steaks

Heat a large frypan over high heat until very hot. Drizzle the **steaks** with **1 tbs oil** and season with **salt and pepper**. Cook the steaks, in 2 batches, for 30 secs-1 min each side until browned or cooked to your liking. Transfer to a plate and rest for 2 mins.



### 4. Cook filling

Heat **2 tbs oil** in the same pan over medium heat. Cook the **onion, garlic** and **capsicum**, stirring, for 5 mins or until soft. Add **1 tbs Mexican seasoning** (the remaining seasoning won't be used in this dish) and cook for 1 min. Add the **rice** and cook for 1 min. Remove from the heat.



### 5. Warm wraps

Enclose the **wraps** in baking paper, then foil (see cooking tip). Put in the oven for 8 mins to soften and warm through.



### 6. Get ready to serve

Thinly slice the **steaks** against the grain. Stir any resting juices from steaks into the **rice mixture**. Taste and season with **salt and pepper**. Divide the **rice filling, steak** and **cheese** among the **wraps**. Roll up to serve.