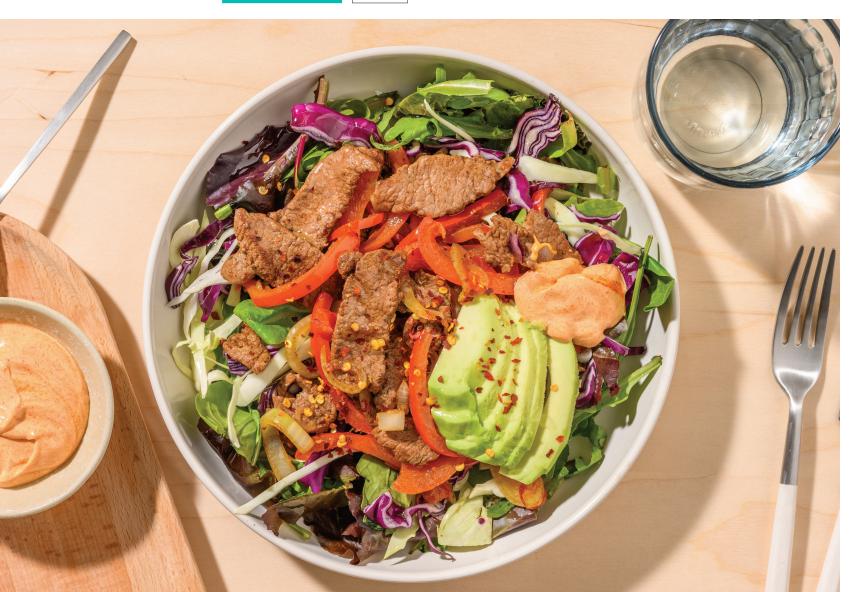
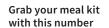


Speedy Beef Fajita Salad Bowl with Avocado & Smokey Aioli

SUMMER SALADS

NEW













Brown Onion



Avocado





Mexican Fiesta

Spice Blend







Mixed Salad Leaves



Smokey Aioli



(Optional)





Prep in: 10-20 mins Ready in: 20-30 mins

Carb Smart



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
brown onion	1/2	1
avocado	1	2
Mexican Fiesta spice blend ✓	1 medium sachet	1 large sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
shredded cabbage mix	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
smokey aioli	1 packet	2 packets
chilli flakes ∮ (optional)	pinch	pinch

^{*}Pantry Items

Nutrition

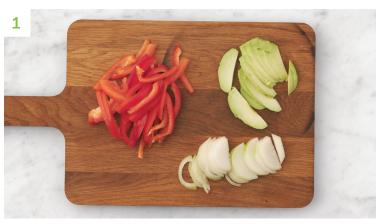
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2074kJ (496cal)	550kJ (146cal)
Protein (g)	33.9g	9g
Fat, total (g)	35.7g	9.5g
- saturated (g)	6.7g	1.8g
Carbohydrate (g)	9.8g	2.6g
- sugars (g)	7.8g	2.1g
Sodium (mg)	658mg	174.5mg
Dietary Fibre (g)	13.9g	3.7g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Thinly slice capsicum and brown onion (see ingredients).
- Slice avocado in half, scoop out flesh and thinly slice.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat. In a medium bowl, combine Mexican fiesta spice blend and a drizzle of olive oil. Add beef strips, tossing to coat.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook beef strips, tossing, in batches until browned and cooked through, 1-2 minutes. Transfer to a plate and set aside.

TIP: Cooking the meat in batches over high heat helps it stay tender.



Cook the veggies

- Return frying pan to high heat with a drizzle of olive oil. Cook onion and capsicum, tossing, until tender, 4-5 minutes.
- Remove from heat, then return cooked beef to pan, tossing to combine.
 Season to taste with salt and pepper.



Serve up

- Meanwhile, in a large bowl, combine shredded cabbage mix, mixed salad leaves and a drizzle of white wine vinegar and olive oil. Season to taste.
- Divide salad, beef fajita mixture and avocado slices between bowls.
- Top with smokey aioli. Sprinkle over a pinch of chilli flakes (if using) to serve. Enjoy!



