



Speedy Beef Fajita Salad Bowl

with Avocado & Smokey Aioli

SUMMER SALADS

NEW

Grab your meal kit with this number

5



Capsicum



Brown Onion



Avocado



Mexican Fiesta Spice Blend



Beef Strips



Shredded Cabbage Mix



Mixed Salad Leaves



Smokey Aioli



Chilli Flakes (Optional)



Beef Strips



Chicken Breast

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



Protein Rich



Carb Smart

Mexican spiced beef strips taste good on their own, but even better in a capsicum and avocado salad! The heat doesn't stop there. With a sprinkle of chilli flakes and some cooling smokey aioli, this meal should come with a warning sign because it's that addictive!

Pantry items

Olive Oil, White Wine Vinegar

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	½	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 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**.



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.



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

