

BEEF FAJITAS



QUICK

15 - 20 mins

HEALTHY

Beef is a good source of iron and a very good source of Protein.

FAMILY



Feeds 5

MEALS

You have everything you need for a complete meal here

INGREDIENTS

- 1 tsp Salt,
- 1 tsp Smoked paprika
- 1 tsp Garlic granules
- 1 tsp Dried oregano
- ¼ tsp Mild chilli powder
- 750g stir fry beef
- 3 peppers 1 red, 1 green, 1 yellow
- 4 onions
- 5-10 wholemeal tortillas or Romaine lettuce
- 2 avocados
- 12 cherry tomatoes
- 1 small red onion
- 2 limes
- Salt

METHOD

- 1) Slice your peppers and onions
- 2) In a large frying pan, heat the oil and add the pepper and onion – cook over a medium heat so they caramelize
- 3) Mash the avocado in a large bowl
- 4) Finely dice the onion and add to avocado
- 5) Cut tomatoes into 1/8^{ths} - Add to bowl
- 6) Add juice of 1 lime and salt and pepper mix well – taste – add more lime and seasoning if needed
- 7) In a bowl, mix all of the spices together
- 8) Slice the beef and add to the spices – mix well
- 9) Just before serving, heat 1 tbs oil in a large frying pan, sear the beef till browned and hot but not overcooked, about 2-3 mins
- 10) Lay beef, guacamole and pepper/onion mix in a line down the centre of a fajita or lettuce leaf
- 11) Roll up and enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com