



# UCOOK

## One Pan Beef Fajitas

with guacamole & fresh coriander

Toasted tortillas stuffed with tender Mexican flavoured beef strips, pan-fried red & yellow peppers and caramelised onions takes these fajitas to a whole new level! They're topped with a deliciously smooth guac & sprinkled with fresh coriander. Utterly tasty!

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**Hands-on Time:** 10 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person


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**Chef:** Jeannette Joynt

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 Quick & Easy

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 Leopard's Leap | Unwooded Chardonnay

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## Ingredients & Prep

150g	Free-range Beef Stroganoff
1	Red Bell Pepper <i>½ rinsed, deseeded &amp; cut into 1cm thick strips</i>
1	Yellow Bell Pepper <i>½ rinsed, deseeded &amp; cut into 1cm thick strips</i>
1	Onion <i>½ peeled &amp; roughly sliced</i>
10ml	NOMU Mexican Spice Blend
1	Garlic Clove <i>peeled &amp; grated</i>
5ml	Worcestershire Sauce
10ml	Lime Juice
2	Wheat Flour Tortillas
40g	Guacamole
4g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. BROWNED & BEAUTIFUL** Pat the stroganoff dry with paper towel. Place a pan over a high heat with a drizzle of oil. When hot, add the stroganoff and fry for 30-60 seconds per side until browned. Remove from the pan and season.

**2. FINISH THE FILLING** Return the pan to a medium heat with a drizzle of oil. When hot, add the sliced red & yellow peppers and the sliced onion and fry for 3-4 minutes until starting to soften, shifting occasionally. Add the browned stroganoff, the spice blend, the grated garlic, the worcestershire sauce, and the lime juice. Mix until fully combined and cook for 1-2 minutes until fragrant, shifting occasionally. Season to taste.

**3. TORTILLA TIME** Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped.

**4. FAJITA FEAST** Lay down the toasted tortillas. Top the tortillas with the flavourful beef & veggie mix. Dollop over the guacamole and sprinkle over the picked coriander. Serve any remaining fillings on the side. Fold up the tortillas and enjoy these little pockets of deliciousness!

## Nutritional Information

Per 100g

Energy	410kj
Energy	98kcal
Protein	6.8g
Carbs	11g
of which sugars	2.4g
Fibre	1.8g
Fat	2.9g
of which saturated	0.9g
Sodium	202mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook  
within 3  
Days