

Mexican Fajita Bowl

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To make this recipe even simpler than it already is, you could go with a ready-made Cajun-style or fajita spice mix instead of making your own; there should be some good options at your local supermarket.

Serves	4	Per serve	
Prep time	15 minutes	Carbs	10.4 g
Cook time	10 minutes	Protein	32.1 g
Difficulty	●●●	Fat	35.3 g
		Energy	493 Cal

INGREDIENTS

Fajita spice mix:

- 3–4 cloves garlic, finely chopped
- 2 tbsp olive oil
- 1 tsp chilli powder
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp salt
- 1 tsp freshly ground pepper

Meat sauce:

- 500 g beef (rump, topside or splash out on sirloin/eye fillet), sliced (optional)
- 1 tbsp tomato paste
- 1 onion, chopped
- 1 capsicum, chopped
- 1 tsp vinegar
- 1 tbsp water

To serve:

- 1 iceberg lettuce
- 2 tomatoes, chopped
- 1 avocado, peeled and chopped
- 1 red onion, sliced
- 2 lemons or limes
- ¼ cup grated yellow cheese
- ¼ cup (or to taste) pickled jalapeños (optional)
- ¼ cup sour cream

VEGETARIAN OPTION

To replace beef:

- 400 g can of pinto or kidney beans, rinsed and drained

METHOD

Place all the fajita spice mix ingredients (or your premix plus the garlic and oil) in a large bowl and stir together with the sliced beef. Allow to marinate for at least 5 minutes (it can be marinated in the fridge, covered, for up to 2 days).

Heat a large frying pan until very hot and add the beef along with any oil or juices that have collected in the bowl. Flash-fry for 1 minute, then add the tomato paste, onion and capsicum and cook for 2 minutes, stirring often, until the vegetables soften.

Add the vinegar and water and allow the mixture to bubble and reduce until it is fairly dry, stirring occasionally.

Meanwhile, prepare a simple chopped salad: tear the lettuce leaves and place in a large bowl. Add the tomato, avocado and red onion, and toss gently to combine.

To serve, cut the limes or lemons into wedges. Squeeze some juice over the salad and place it on a serving platter. Arrange the beef on top and sprinkle with some grated cheese. Serve with jalapeños, sour cream and the remaining wedges of lemon or lime.

Vegetarian option: Heat a large frying pan with a dash of olive oil over a medium-high heat and cook the tomato paste, onion and capsicum as outlined above. Add the beans with the vinegar and water and cook until fairly dry, stirring occasionally.

