



Tex-Mex Beef & Avocado Salad

with Charred Corn & Coriander

SUMMER SALADS

NEW

Grab your meal kit with this number

14



Avocado



Cos Lettuce



Radish



Sweetcorn



Beef Strips



Tex-Mex Spice Blend



Mild Chipotle Sauce



Mayonnaise



Coriander



Beef Strips



Beef Rump

Prep in: 20-30 mins
Ready in: 25-35 mins



Protein Rich



Carb Smart

A Tex-Mex salad bowl is exactly what we need as the weather warms up. Those sweet chipotle beef strips are calling our name, begging us to grab a forkful along with crunchy cos, creamy avo and zesty radish. No need to wait any longer, come have a bite!

Pantry items

Olive Oil, Honey, 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
avocado	1 (small)	1 (large)
cos lettuce	1 head	2 heads
radish	½	1
sweetcorn	1 medium tin	1 large tin
beef strips	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
mild chipotle sauce	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2276kJ (544cal)	287kJ (69cal)
Protein (g)	32.4g	4.1g
Fat, total (g)	39g	4.9g
- saturated (g)	7.7g	1g
Carbohydrate (g)	12.4g	1.6g
- sugars (g)	7.8g	1g
Sodium (mg)	762mg	96.2mg
Dietary Fibre (g)	7.5g	0.9g

The quantities provided above are averages only.

Allergens

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

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



Get prepped

- Slice **avocado** in half, scoop out flesh and thinly slice.
- Roughly chop **cos lettuce**.
- Thinly slice **radish**.
- Drain **sweetcorn**.
- In a medium bowl, combine **beef strips**, **Tex-Mex spice blend** and a drizzle of **olive oil**.



Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips**, tossing, in batches until browned and cooked through, **1-2 minutes**.
- Remove pan from heat, then add **mild chipotle sauce** and the **honey**, tossing to coat.

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



Char the corn

- Heat a large frying pan over high heat.
- Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a small bowl.

TIP: *Cover the pan with a lid if the kernels are "popping" out.*



Serve up

- In a large bowl, combine cos lettuce, radish, avocado and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Divide avocado salad between bowls.
- Top with Tex-Mex beef and charred corn.
- Drizzle with **mayonnaise** and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Cook with a drizzle of olive oil, turning, 5-6 minutes for medium. Rest and slice to serve.

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

