

MEXICAN BEEF

Mexican Beef is a variation on a stir-fry and while Mexican food is traditionally spicy you can add as much or as little spice to this dish as you wish.

Serves 4

Per serving 192 kcal/1.6g fat

Preparation time 10 minutes

Cooking time 20 minutes

INGREDIENTS

400g rump steak, sliced
1 medium onion, diced
2 garlic cloves, crushed
1 green pepper, deseeded and diced
200g chestnut mushrooms, sliced
2 tsp fajita spice mix
1 tbsp chopped fresh mixed herbs (e.g. oregano, chives, parsley)
1 tbsp reduced-salt soy sauce
200g cherry tomatoes
100g cooked new potatoes, sliced
chilli sauce, for drizzling

METHOD

1. Preheat a non-stick frying pan. Remove all visible fat from the beef. Add the onion, garlic and green pepper to the hot pan and dry-fry until soft.
2. Add the beef slices and lightly seal, then stir in the mushrooms, spice mix, herbs and soy sauce. Toss well together, then add the cherry tomatoes and sliced potatoes and heat through.
3. Just before serving, drizzle with the chilli sauce. Serve with 1 blue Portion Pot® (55g uncooked weight) basmati rice, boiled, per person.

