



Mexican-style beef salad

Salad but not as you know it. Zingy, spicy, creamy, crunchy – we've combined Mexican-inspired ingredients to create one colourful salad full of interesting textures and flavours.

Healthy

Source of fibre

2 of your 5 a day

5 plant varieties

Serves

4

Course

Main meal

Prepare

20 mins

Cook

20 mins

Total time

40 mins

Ingredients

3 tsp sunflower oil

2 sweetcorn

250g pack British beef rump steak stir fry strips

150ml soured cream

¼ tsp Tabasco Pepper Sauce

1 unwaxed lime, zest and juice

½ small red onion, finely sliced

½ iceberg lettuce, shredded

1 red pepper, deseeded and sliced

1 avocado, sliced

1 jalapeño chilli, sliced

1 handful/s handful salted tortilla chips, roughly crushed

Method

1 Add 1 tsp oil to a nonstick frying pan over a medium-high heat. Once hot, add the sweetcorn and fry for 10 minutes, turning regularly until golden all over. Set aside.

2 Add the remaining oil to the pan, toss the beef with the fajita seasoning, then fry for 6 minutes, turning regularly, until all the surfaces of the meat are browned.

3 Meanwhile, make the dressing by mixing the soured cream, Tabasco, lime zest, the juice of half the lime and a pinch of salt. Set aside. Put the red onion in a small bowl with the remaining lime juice and set aside.

4 Arrange the lettuce, pepper, avocado, jalapeño and tortilla chips over a large serving plate. Slice the corn from the cobs (place them upright on a chopping board and slice downwards) and scatter over the salad with the cooked beef and pickled red onions. Mix any lime juice from the onions into the dressing,

then spoon over the salad to serve.

Cook’s tip

Save time with a drained, large can of sweetcorn instead of the charred corn on the cob.

Nutritional

Typical values per serving when made using specific products in recipe

Energy	1,567kJ/ 377kcal
Fat	24.9g
Saturated Fat	8.4g
Carbohydrates	16.5g
Sugars	5.3g
Fibre	5.9g
Protein	18.6g
Salt	1.1g