

# BEEF FAJITAS

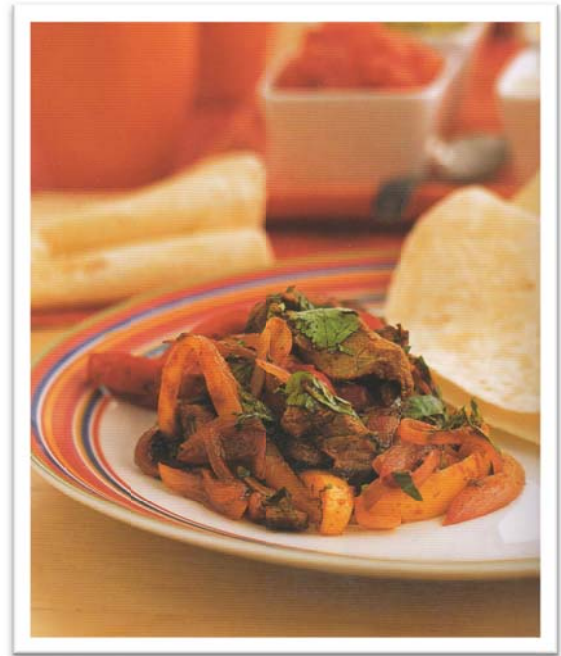
**Preparation time:** 15 minutes

**Cooking Time:** 15 minutes

**Serves:** 4

## Ingredients

2 tablespoons olive oil  
500g rump steak, thinly sliced  
1 red (Spanish) onion, sliced  
1 red capsicum, sliced  
1 yellow capsicum, sliced  
1-2 jalapeno chillies, seeded and finely chopped  
½ teaspoon chilli powder  
2 teaspoons sweet paprika  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
Juice of 1 lime  
2 tablespoons tomato paste  
2 tablespoons chopped coriander leaves  
12 soft flour tortillas



## Nutritional Information:

Kilojoules 2485 kJ  
Calories 590 cal  
Protein 38 g  
Total fat 22 g  
Saturated fat 4 g  
Carbohydrate 58 g  
Sodium 610 mg  
Fibre 5 g  
GI low

## Method

1. Heat the oil in a large frying pan over medium heat. Cook the beef, in batches, for 3-4 minutes each batch, or until brown. Remove and set aside
2. Add the onion, capsicums and chillies and cook for a further 3 minutes. Stir in the chilli powder, paprika, cumin, ground coriander, lime juice and tomato paste. Return all the meat to the pan and cook for 2-3 minutes, or until heated through. Stir in the coriander leaves.
3. Heat the tortillas following packet instructions, either in the microwave for 30 seconds, or wrap in foil and warm in the oven for a few minutes. Spoon a portion of the beef mixture onto a plate with a tortilla. To eat, place some of the beef mixture on one side of a tortilla, add accompaniments of your choice, and roll up.