

### Taco Combo:

1. Steak, charred onions, sautéed asparagus, pickled beetroot
  2. Steak, charred onions, avocado, pickled sweet chili
  3. Steak, charred onions & yellow bell pepper, fresh tomato, jalapeño
- \* All tacos garnished with feta, coriander, pomegranate, and lime juice

# STEAK TACOS

Aim: A versatile iron hit you can make from ANYTHING in the fridge

## Ingredients

- 3 corn tortillas
- 140g sirloin steak
- 1/2 Onion
- 1/4 Yellow bell pepper
- 1/4 Tomato
- 1/4 avocado
- 2 pickled sweet chili peppers
- 2 pickled beetroot
- 2 asparagus
- 3-4 pickled jalapeño

### Garnish

- Coriander, 1.5 tbsp fresh
- pomegranate, 50g feta (optional), chilli sauce (Padilla / Guajilo) (optional)

## Directions

READY IN: 25 // SERVINGS: 1

1. **Prepare** ingredients depending on what taco you are making:

- a) Finely slice beetroot, sweet chilli & yellow pepper, avocado, & onion
- b) Chop tomatoes
- c) Cut asparagus at an angle
- d) Rub steak with salt and pepper
- e) Optional: Pick coriander & scoop pomegranate seeds

2. **Cooking**

- a) On medium heat, add oil to the pan and gently place in the steak. Cook steak depending on thickness and how well you like it cooked. Remove and set aside to rest.
- b) On high heat, add a bit of oil in the pan and add in the onions. Allow onions to get a good charred color on all sides then remove. (We still want a nice crunch to the onions and do not want it to caramelize)
- c) Repeat the same process for the yellow bellow pepper and asparagus (cook asparagus for 1-2 min max so it does not over cook)

3. **Compile**

- a) Heat corn tortilla in a pan on both sides (no oil) or directly over fire
- b) Slice the steak and season with a bit more salt
- c) Assemble your tacos and ENJOY!!

Variations to consider: depending on your goals and how lean you want your meat, you can choose between ribeye (highest fat), sirloin, or a fillet (leanest). To increase the volume and get more veggies and fibre into your day, add more peppers, onions, beetroot and asparagus as desired!

CALORIES

721

CARBOHYDRATE

60

PROTEIN

40

FAT

36

Nutrition values for one serving are based on average nutritional values of core ingredients, and using homemade stock. Actual values will vary.