

Steak Fajita Salad with Peppers, Corn and Sour Cream

hellóchef

In Tex-Mex cuisine, fajitas consist of grilled meat served on flour or corn tortillas. To keep things low carb, we've turned these fajitas into a salad!

Cals 610 • Prot 57 • Carbs 37 • Fat 27

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🕒 cook: 20 min

R2896



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Steak	2 ppl	3 ppl	4 ppl	
Steak strips	350	525	700	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Red pepper	1	2	2	Piece
Red onion	1	2	2	Piece
Fajita seasoning	5	10	10	Grams
Smoked paprika powder	2	2	4	Grams
Garlic powder	5	8	10	Grams
Chipotle powder	2	2	2	Grams
Black pepper	0.5	0.5	1	Tsp
Salad				
Sweet corn kernels	122	122	244	Grams
Romaine lettuce	200	300	400	Grams
Lime	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Fresh coriander	15	15	15	Grams
Grated cheddar 4*	60	90	120	Grams
Sour cream 4*	60	90	120	Grams

Allergens

*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2552 / 610
Fat (g)	26.8
of which saturates (g)	16.9
Carbohydrate (g)	37
of which sugars (g)	13
Fiber (g)	8.6
Protein (g)	57.2
Salt (g)	1.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Fry strips

Heat a large non-stick pan over a high heat with a drizzle of **oil**. Once hot, add the **steak strips** with a pinch of **salt** and fry for 2-3 min. Transfer the **steak strips** to a plate and reserve the pan.

Tip! If the pan is looking crowded, you may wish to fry the steak strips in batches.



2 Prep

Meanwhile, de-seed and finely slice the **pepper**. Peel and finely slice the **onion**. Drain the **sweet corn**.



3 Fry vegetables

Return the pan to a medium heat with another drizzle of **oil**. Once hot, add the **onion** and **peppers** with a pinch of **salt** and fry for 3-4 min or until slightly softened. Add the **fajita seasoning**, **smoked paprika**, **garlic powder** and a pinch of **chipotle (spicy!)** with a splash of water. Fry for 2 min further. Season with **salt** and **pepper**.

Tip! Sensitive to spice? Go easy on the chipotle powder.



4 Prep

Meanwhile, roughly chop the **romaine lettuce**. Juice the **lime** directly into a large bowl. Add the **olive oil** and a pinch of **salt** and whisk until combined. This is your **dressing**.



5 Add steak

Return the **steak strips** and any leftover juices on the plate to the pan. Cook for 1 min.

Tip! If you like, top the warmed steak and peppers with the cheddar cheese and allow it to melt in the pan.



6 Serve

Pick the **coriander leaves**. Toss the **romaine lettuce**, **sweet corn** and **coriander leaves** in the **lime dressing**. Divide the **lettuce** amongst bowls and top with the **onions**, **peppers**, **fajita steak strips** and **cheddar cheese**. Top with the **sour cream**.