

# Summer Mexican beef salad with fresh tomato & lime salsa

## Ingredients

- 2 corn cobs
- 2 tbsp extra virgin olive oil
- 2 tbsp chipotle spice mix
- 500g beef rump steak
- 1 red capsicum, cut into strips
- 8 flour tortillas
- 80g mixed salad leaves
- Sour cream, to serve

### Fresh Tomato and Lime Salsa

- 2 medium tomatoes, seeded, finely chopped
- ½ small red onion
- ¼ cup roughly chopped fresh coriander leaves
- ½ tsp finely grated lime rind
- 1 tbsp lime juice
- 1 tbsp extra virgin olive oil

Serves 4





# HEAL

HEALTHY EASY ACCESSIBLE LOCAL

## FOODS

## Method

**Step 1 – Microwave corn cobs on high for 3 minutes. Cool. Brush corn with half the oil.**

**Step 2 – Combine spice mix and remaining oil in a glass or ceramic dish. Add beef. Rub to coat. Preheat a BBQ grill or hotplate on high. Cook beef for 3 minutes each side for medium or until cooked to your liking. Transfer to a large plate. Cover loosely with foil. Set aside for 5 mins to rest.**

**Step 3 – Meanwhile, cook corn and capsicum, turning, for 6-8 minutes or until tender and lightly charred.**

**Transfer corn to a chopping board and carefully cut kernels from cobs in large chunks. Set aside.**

**Step 4 – Grill tortillas on BBQ for 1 minute each side or until lightly charred.**

**Step 5 – Meanwhile, make fresh tomato and lime salsa. Combine all ingredients in a bowl and season with salt and pepper.**

**Step 6 – Slice beef. Combine corn, capsicum and mixed leaves in a bowl. Arrange on a large serving platter. Top with beef. Spoon over tomato salsa. Serve with tortillas and sour cream. Enjoy.**