Beef fajitas

食谱作者 V-ZUG 瑞族



制备过程	25 分钟
烘烤的时间：烘烤时间取决于机器	39 分钟
份	2
电器	Combair-Steam SE 自 2015 年

Filling

150 g beef, cut into thin strips

¼ tsp cumin

2 knife tip of cayenne pepper

2 knife tip of paprika

Season the strips of beef and put in the perforated cooking tray. Put the cooking tray at the topmost level in the cold cooking space. Put the stainless steel tray at level 1. Steam.

在 蒸汽 期间为 **100 25** 分钟°C

½ sweet pepper, yellow

1 onion, small

1 clove of garlic

salt

Wash and deseed the sweet pepper, then halve and cut into strips. Peel the onion, halve and cut into strips. Crush the garlic. Add the vegetables to the meat and season with salt. Put at the topmost level in the cooking space. Continue to steam.

放入食物

在 蒸汽 期间为 **100 5** 分钟°C

1 tbsp tomato purée

2 tbsp Maizena Express (cornflour)

Take both stainless steel trays out of the cooking space. Add the tomato purée and cornflour to the meat juices from the stainless steel tray and whisk together well.

200 g plum tomatoes

150 g French beans, red

Wash the beans well, drain and add to the sauce along with the plum tomatoes and mix together. Add the meat and vegetables and mix everything together well.

Tortillas

4 wheat tortillas

Spread the tortillas across the perforated cooking tray and put in the cooking space while still warm at level 1. Regeneration.

放入食物

在 再生 期间为 **120** **9** 分钟°C

Arranging on a plate

90 g crème fraîche

1 tbsp grated cheese

Take the tortillas out of the perforated cooking tray and place on a plate. Spread ¼ of the filling down the centre of the tortilla, layer on the crème fraîche and grated cheese according to your preference and roll up.

配件

Stainless steel tray

Perforated cooking tray

附加信息

创建时间	11.12.2019