Beef fajitas

מתכון מאת V-ZUG Ltd.



Preparation	25 Mins
Cooking time	39 Mins
מנות	2
התקן	Combair-Steam SL from 2015

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.

Steaming 100 °C for 25 Mins

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.

Put the food in

Steaming 100 °C for 5 Mins

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.

Put the food in

Regeneration 120 °C for 9 Mins

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.

אביזרים

Stainless steel tray

Perforated cooking tray

מידע נוסף

הופק ביום	11.12.2019