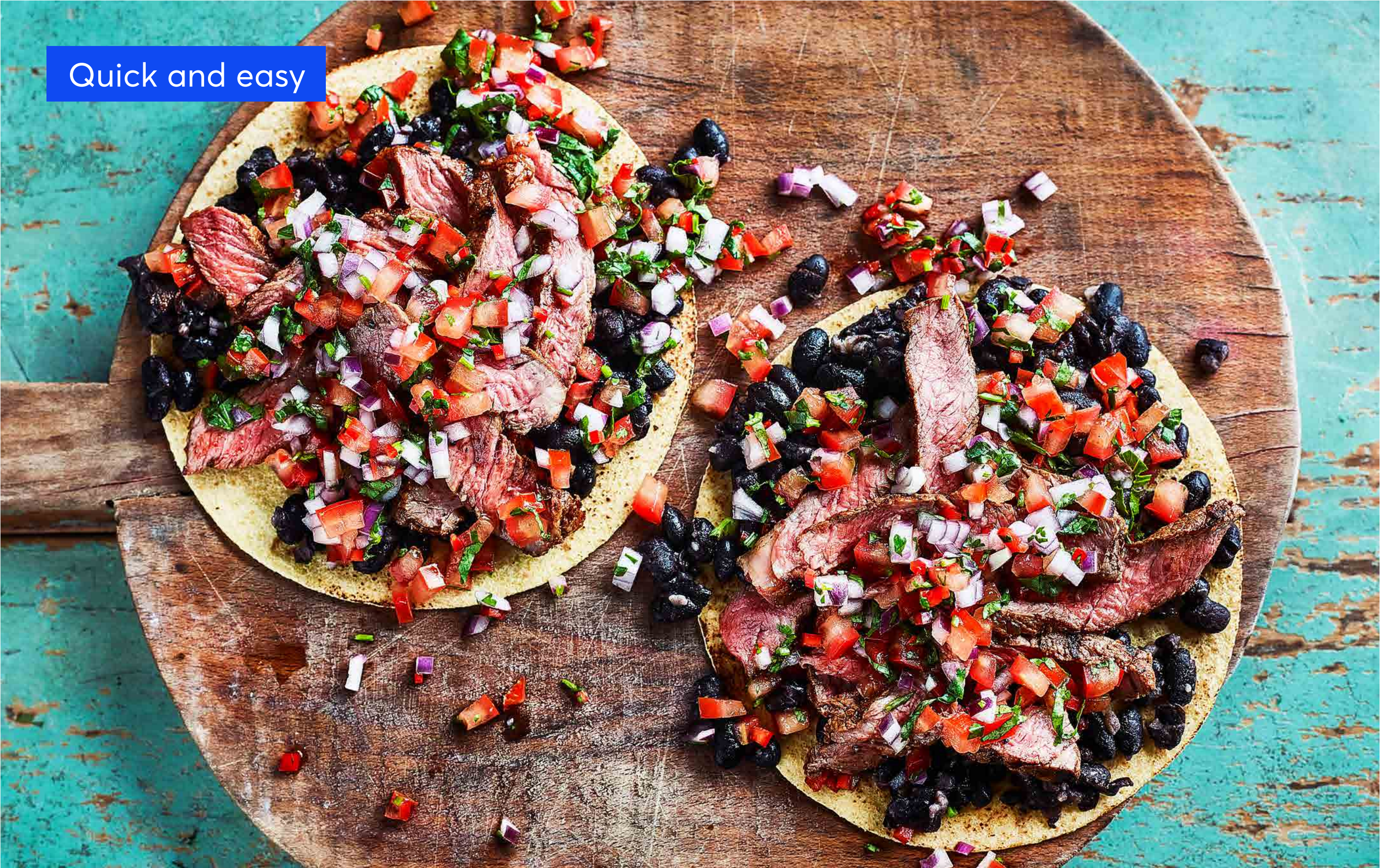


Quick and easy



Chipotle steak tacos with black beans

Serves 1

95g sirloin steak or rump steak, trimmed of fat

1 tsp olive oil

2 tsp chipotle paste

½ tsp ground cumin

Salt and pepper

95g tinned black beans, drained

¼ red onion, peeled and finely chopped

½ large tomato, finely chopped

1 red chilli, deseeded and finely chopped

Juice of ½ lime

Small bunch of coriander, chopped

2 small corn tortillas

Method

Put the steak into a bowl, add the oil, chipotle paste and cumin then season with salt and pepper. Toss everything together until the steak is evenly coated. Set aside to marinate for 10 minutes (or up to half an hour if you have time).

Preheat a griddle pan to a high heat, add the steak and cook for 3 minutes on each side or until cooked to your liking. Set aside to rest for 5 minutes.

Meanwhile, tip the beans into a small saucepan, add a splash of water and heat gently. Roughly crush the beans with the back of a fork then season to taste.

Combine the onion, tomato, chilli, lime juice and coriander in a small bowl and season to taste, then warm the tortillas under the grill until crisp.

To serve, spread the beans over the tortillas then slice the steak and pile on top. Spoon over the salsa and serve.