

Jason Pettit – Capital Radio Recipe



Spicy Steak Fajitas (*fah-hee-tas*)

One of the most (in)famous of Tex- Mex recipes.

Marinated beef, seared in a superhot pan and paired with charred onions & peppers.

Quick, easy and delicious!

Ingredients – serves 4 people

marinade

2 ea	limes (juiced and zested)
3 Tbsp	soy sauce
2 Tbsp	olive oil
2 lrg	garlic cloves (finely grated)
½ Tsp	ground cumin
1 ea	jalapeno pepper (de-seeded, finely chopped)
¼ cup	coriander (finely chopped incl. stems)
500 gm	flank or skirt steak (look for a piece(s) of even thickness)
1 lg	green pepper (de-seeded, cut into 20mm strips)
1 lg	red pepper (de-seeded, cut into 20mm strips)
2 sm	red onions (peeled, cut into 20mm wedges)
1 ea	jalapeno pepper (cut in half)
2 Tbsp	olive oil

to serve

flour tortillas | smashed avocado | sour cream or yoghurt | coriander leaves | shredded lettuce | grated cheese | lime wedges

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Method

Place marinade ingredients into a bowl and whisk together.
Place prepared steak into a ziplock bag and pour over the marinade.
Massage the marinade into the meat then push as much air out as possible then close the bag.
Marinate in the fridge for at least 4 hours but no more than overnight.

Remove steak from the fridge at least 30 minutes before cooking and drain off any marinade.

Heat a large sauté / skillet / frying pan over a high heat until almost smoking.
Add the olive oil and then add the steak(s) - do not over crowd the pan if there are 2 or more steaks).
Sear until dark brown, turn the steaks over and cook until seared to the same level.
Remove from the pan and place onto a warm plate and cover with foil to keep warm and rest / relax.

Add the onions, peppers, and jalapeno to the pan.
Toss once or twice to coat with any juices / oil and then allow to char (3 – 4 minutes) stirring occasionally.
Once charred to your liking, turn off the heat.
Move the vegetables to one side of the pan.

Slice the rested steak against the grain and at a slight angle into strips approx. 10mm thick.
Arrange the sliced steak next to the vegetables and pour over any juices on the board.

Serve with accompaniments of choice.

Notes from the chef:

The 3 key steps in the recipe are marinating the meat properly, cooking on a high heat (the steak can also be BBQ'd) then resting the meat before slicing against the grain.

Substitute the beef for chicken or broccoli & asparagus for a vegetarian option.

Whilst soy sauce is an Asian ingredient, it works better in a marinade than salt and provides glutamates (natural flavour enhancers) and enzymes that help tenderise.

Tbsp - tablespoon

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