



## American Recipe 美國食譜

### Fajita with Salsa Verde

#### 墨西哥烤肉卷配綠莎莎醬

Fajita comes to mind as one of the all-time favourites of Tex-Mex food, the fusion of Texas American cuisine and Mexican cuisine. They are commonly prepared as grilled beef served on taco or tortilla, with onion and bell peppers on the side. Mexicans go further to add condiments like guacamole, cheese, sour cream, and salsa. Learn the following Salsa Verde to season like a pro!

要數出美國德克薩斯州和墨西哥混合菜式中受歡迎的一味，一定不會漏掉墨西哥烤肉卷。一般的食法是用墨西哥薄餅夾著烤牛肉，再加上洋蔥和燈籠椒作為配菜。墨西哥人更會配搭特別的配料和調味料，如牛油果醬、芝士、酸奶油、和莎莎醬等。識食的就學低今次介紹的綠番茄醬！



#### Ingredients 材料

1	Tomatillo	12 Each
2	Cilantro Chopped	¼ Cup
3	Serrano Chili	3 Each
4	Sour Cream	2 Cups
5	Avocado	4 Each
6	Lime	Adequate
7	Salt	Adequate

1	綠蕃茄	12個
2	蕃茜(切碎)	¼杯
3	綠尖椒	3條
4	酸奶油	2杯
5	牛油果	4個
6	青檸	適量
7	鹽	適量

#### Directions 煮法

##### Steps 1

Bring a pot of water to a full boil and place the Tomatillo into the water for about 10 minutes, until they are softened.

沸水落綠蕃茄，煮約10分鐘至軟身。



##### Steps 2

Blanch boiled Tomatillo in ice water for 1 minutes for easier peeling.

將煮好的綠蕃茄放在冰水內約1分鐘，方便去皮。



##### Steps 3

Chopped all ingredients and put it into the blender.

將所有材料切碎並放入攪拌機中待用。



##### Steps 4

Peel the tomatillo and blend with other chopped ingredients (except Lime).

將綠蕃茄去皮，並放進攪拌機中與其他材料、調味料(青檸除外)一起攪拌。



##### Steps 5

Add some lime sauce and done.

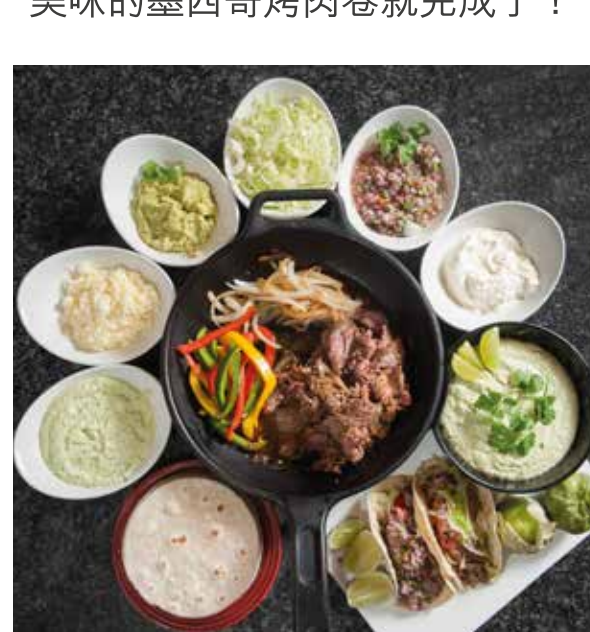
加上青檸汁即成。



##### Steps 6

Serving with your favorite condiments, the scrumptious Fajito is done!

配上您喜歡的配料，美味的墨西哥烤肉卷就完成了！



### To make your own Fajitas

#### 墨西哥烤肉卷的製法

Fajitas can be cooked with different ingredients to suit your tastes and preferences.

Chicken, pork or shrimp are popular fillings for Fajitas. Simply marinade your choice of filling with salt, light soy sauce and some pepper for 30 minutes. To blend in more tex-mex flavor, add pineapple Juice, lime juice and minced garlic cloves!

Slice other condiments, such as bell pepper, into strips. Stir-fry separately and marinade with salt and pepper. Finally grab the condiments on the tortillas and serve with a generous serving of Salsa Verde to give it fabulous taste!

Browse [www.greatfoodhall.com](http://www.greatfoodhall.com) now to find out more tasty variations of fajitas!



墨西哥烤肉卷可隨個人喜好炮製出與別不同的口味。

可以配上不同的材料，例如雞肉、豬肉、和鮮蝦等。較為方便的做法可以用鹽、生抽和胡椒醃製。如果想增加德州-墨西哥風味的話，可以再加上菠蘿汁、青檸汁和蒜蓉作為醃料。醃大約30分鐘後，將肉類或海鮮煮熟並切條即可。

其他材料如三色椒等則切絲，然後炒熟，並用少許鹽和胡椒粉調味即可。最後用墨西哥薄餅包上喜愛的材料，配上美味的綠莎莎醬即可！

立即上 [www.greatfoodhall.com](http://www.greatfoodhall.com) 瀏覽更多墨西哥烤肉卷的詳細製法吧！

**\$20.8**



Serrano Chili  
綠尖椒 444081

\$20.8/100g



**\$128.8**



Tomatillo  
綠蕃茄 290661

\$128.8/100g



**\$35.9**

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OLD EL PASO

Flour Tortillas 8's 326G

OLD EL PASO

墨西哥薄餅8塊裝 326克 135985

**\$37.9**