

BEEF & BLACK BEAN BURRITO BOWL

INGREDIENTS

1 TOMATO
1 LIME
1 GEM LETTUCE
40G CHEDDAR CHEESE
2 TSP PAPRIKA
1 TSP GROUND CUMIN
250G BEEF MINCE
400G TINNED BLACK BEANS
80G NATURAL YOGHURT
100G BASMATI RICE
20G CHIPOTLE PASTE
1 BEEF STOCK CUBE

HOW TO PREPARE.

• ADD THE BASMATI RICE AND 250ML WATER TO A POT WITH A LID AND BRING TO THE BOIL OVER A HIGH HEAT. ONCE BOILING REDUCE THE HEAT TO VERY LOW AND COOK COVERED FOR 10-12 MINUTES OR UNTIL THE WATER HAS BEEN ABSORBED AND THE RICE IS COOKED. ONCE COOKED, REMOVE FROM THE HEAT AND KEEP COVERED UNTIL SERVING
• DICE THE TOMATOES, WASH THE LITTLE GEM, AND SHRED.

• GRATE THE CHEDDAR CHEESE.

• COMBINE THE CHIPOTLE PASTE AND YOGHURT.

• COMBINE THE TOMATO AND LITTLE GEM AND SQUEEZE HALF THE LIME OVER, SEASON WITH SALT AND PEPPER.

• HEAT A LARGE PAN WITH A DRIZZLE OF OIL OVER A HIGH HEAT. ADD THE BEEF MINCE AND COOK FOR 7-8 MINS, BREAKING WITH A WOODEN SPOON AS IT COOKS. ADD THE CUMIN AND COOK FOR A FURTHER 2 MINS. TRANSFER THE BEEF TO A PLATE.

• RETURN THE PAN TO A MEDIUM HEAT. DRAIN THE BLACK BEANS AND ADD TO THE PAN WITH THE PAPRIKA, CHOPPED GARLIC AND THE REST OF THE LIME JUICE, COOK FOR 2 MINS. CRUMBLE THE BEEF STOCK CUBE, AND ADD 100ML OF WATER AND COOK FOR 3-4 MINS. REMOVE FROM THE HEAT AND MASH INTO A SEMI SMOOTH PASTE.

• TO ASSEMBLE PUT HALF THE RICE, HALF THE SALAD, HALF THE MINCE AND DRIZZLE WITH THE CHIPOTLE YOGHURT AND SPRINKLE WITH GRATED CHEESE

enjoy

SERVINGS 2

NUTRITIONAL INFO

CALORIES 693 CAL | FAT 28G | CARBS 62G | PROTEIN 46G