MEXICAN BEEF BOWL

A delicious and healthy way to eat beef and veggies!

EASY | 10 MINS | 20 MINS | 4 SERVES

Ingredients

- 500g Lean Beef Mince
- 2 Tablespoon Salt-Reduced Taco Seasoning
- 2 Corn Cobs, Husks removed
- 2 Cups Cooked Brown Rice
- 400g Can Red Kidney Beans, Rinsed & Drained
- 80g Mixed Salad Leaves
- 200g Grape Tomatoes, Halved
- 1 Avocado, Diced
- 1 Small Yellow Capsicum, Thinly Sliced
- ½ Red Onion, Thinly Sliced
- At disgression: Coriander leaves, long red chilli, thinly sliced, natural yoghurt, lime wedges, to serve.

Instructions

1. Spray a large non-stick frying pan with olive oil and heat over high heat. Cook beef mince, in batches, for 2-3 minutes until lightly browned. Set aside on a plate and repeat with remaining beef. Return beef to pan, add taco seasoning and cook for a further minute or until beef is cooked through.
2. Lightly spray corn with olive oil and cook in same frying pan over high heat for 8-10 minutes until lightly charred. Cool slightly and remove kernels from corn.
3. Divide corn, rice, beans, salad leaves, tomatoes, avocado, capsicum and onion between 4 bowls. Top with beef and sprinkle with coriander and chilli. Serve with yoghurt and lime wedges.