

Burrito Bowl



✂ Serves: 12 (Approx 210g)



Prep Time: 30min



Difficulty: Medium

Mexican food is a guaranteed crowd pleaser, jam packed with flavour. This recipe can easily be adapted by swapping the chicken for beef or swapping the red kidney beans for another type of beans such as black beans. The possibilities are endless!



Ingredients

- 2 raw chicken breasts, diced
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- ½ teaspoon chilli
- Cooking spray
- 1 ½ cups corn kernels
- 1 red capsicum
- Handful of coriander
- 1 lime
- 1 ripe avocado, sliced
- 1 large tomato, diced
- ½ red onion, diced
- 3 cups cooked brown rice
- 3 cups lettuce, shredded
- 240g tin red kidney beans, drained and rinsed
- 1 cup cheese, grated
- 6 tablespoons natural yoghurt

Method

1. Place chicken, cumin, paprika and chilli in a snap lock bag, rub until chicken is coated in the spice mix.
2. Place a non stick pan over medium heat, spray lightly with cooking spray, add chicken and cook, stirring until golden brown. Allow to cool.
3. Place corn, capsicum and coriander in a mixing bowl, add a squeeze of lime juice, mix gently.
4. Place avocado, tomato and red onion in a mixing bowl, add a squeeze of lime, mix gently.
5. Place 6 bowls or containers out on a bench.
6. Spoon rice into bowls, follow with kidney beans, shredded lettuce, corn mix, avocado mix, then chicken.
7. Top with a sprinkle of cheese and a dollop of natural yoghurt.