



BEC
BALDRY
WELLNESS



NAKED BURRITO BOWL

SERVES 4

INGREDIENTS

- 500g beef mince
- 2 small red onions, diced
- 2 cans black beans, drained then rinsed
- 4 tbsp tomato paste
- 2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1 tsp dried mixed herbs
- 2 tbsp soy sauce
- 1/4 tsp freshly ground black pepper
- Salt, to taste
- 1/4 cup water
- 4 cups cooked brown rice
- 20 cherry tomatoes, halved
- 1 cup corn, drained then rinsed
- 2 small cucumber, roughly chopped
- Mixed salad leaves
- Guacamole
- sour cream
- Fresh coriander, roughly chopped
- 4 lime wedges

METHOD

1. Heat a non-stick frying pan on medium-high heat. Add the onion and fry for 2-3 minutes until softened and fragrant.
2. Add the beef mince and fry until cooked.
3. Add black beans and fry for 1 minute.
4. Add the tomato paste, smoked paprika, garlic powder, mixed herbs, soy sauce, pepper and water. Sauté until the liquid has evaporated. Taste and adjust salt if necessary.
5. To serve, evenly divide the brown rice between two large bowls. Top with the mince/ black bean mix, cherry tomatoes, corn, cucumber, salad leaves and guacamole. Top with a dollop of sour cream, coriander and lime wedge.