

# 10 - MINUTE BURRITO BOWL

**SERVE: 1 | PREP TIME: 5-7 MINUTES | COOK: 5 MINS**

## INGREDIENTS

- 1 microwave brown rice cup
- 1 tin of mexican bean mix
- 1 tbsp of mexican spice mix
- 1 cup of baby spinach
- 1/2 avocado
- 1/2 punnet of cherry tomatoes
- 1 tbsp of greek yoghurt
- 1 tbsp of grated tasty cheese
- Fresh coriander (optional)

## METHOD

1. First, prep the ingredients:
  - a. Drain and rinse the mexican bean mix in a colander
  - b. Halve the cherry tomatoes
  - c. Slice the avocado or mash it in a bowl (guacamole)
  - d. Rinse the spinach and coriander leaves
2. Warm a non-stick fry pan over a medium-high heat with a splash of olive oil
3. Add the beans to the fry pan along with the mexican spice mix, stirring until the beans are warmed through
4. Meanwhile, warm the microwave brown rice as per packet instructions
5. Once the beans are warmed through, remove from the heat and prepare your bowl
6. Start with emptying the brown rice into the bottom of the bowl first. Top with the spinach then bean mix, then top with cherry tomatoes, avocado slices, greek yoghurt, tasty cheese and lastly sprinkle coriander over the top.



Tips: this meal is vegetarian friendly and uses similar ingredients to the breakfast wrap recipe, so can be prepped at the same time for lunches across the week. If you want to add meat, absolutely feel free to do so! Cook chicken tenderloins or beef mince with the beans and spice mix then continue the rest of the recipe as per above.