

Mexican Beef Bowl



Recipe supplied by Meat & Livestock Australia (MLA).

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.

Method:

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.