



FOR the
Little ONES



CAPSICUM &
CUCUMBER

Cheesy Beef
QueSaDiLLa



Beef BuRRito Bowl

Mexican beef mince cooked in salsa and served with crispy corn rice, creamy avocado and crunchy vegetables.

 30 Minutes

 2 Servings

 Beef

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	29g	68g

FROM YOUR BOX

BASMATI RICE	150g
CORN COB	1
BEEF MINCE	300g
SALSA	1 jar
LEBANESE CUCUMBER	1
RED CAPSICUM	1
AVOCADO	1
LIME	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

COOKING TOOLS

large frypan, saucepan

Make Mexican beef quesadillas with the mince mixture, corn, capsicum and some cheese.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce heat to low. Cook for 10-15 minutes or until water is absorbed.

tip Use a rice cooker if you have one!



2. COOK THE CORN

Heat a large frypan with **oil** over medium-high heat. Remove **corn kernels** from cob and add to pan. Cook until golden, season with **salt**. Remove and keep pan over heat.

tip Add 1 tsp cumin seeds for extra flavour! Serve corn as cobettes if you prefer!



3. COOK THE BEEF

Add **beef mince** to pan and cook for 5 minutes while breaking up any lumps with a spatula (add more **oil** if needed). Stir in **1/3 jar salsa** and season with **salt** and **pepper**. Cook for 2-3 minutes.

tip Add 2 tsp cumin and/or smoked paprika for extra flavour!



4. PREPARE THE TOPPINGS

Dice **cucumber** and **capsicum**. Slice **avocado**. Cut **1/2 lime** into wedges. Keep separate.

tip Use the avocado to make a guacamole if you like!



5. MIX RICE & CORN

Mix the crispy **corn** with **rice** and season to taste with **salt**. Add **juice from 1/2 lime**.

tip Serve rice and corn separately if preferred!



6. FINISH AND SERVE

Serve crispy **corn rice** topped with **beef mince** and **fresh toppings**. Dollop with **remaining salsa** and serve with **lime wedges**.

tip Add some cheese if you have it, or serve with a dollop of sour cream or yoghurt.