



# Beef BuRRito Bowl

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

 30 Minutes

 4 Servings

 Beef

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## FROM YOUR BOX

BASMATI RICE	300g
CORN COBS	2
BEEF MINCE	600g
SALSA	1 jar
LEBANESE CUCUMBERS	2
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 **600ml 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 1-2 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 1/2 jar salsa and season with **salt** and **pepper**. Cook for 2-3 minutes.

**tip** Add 2-3 tsp cumin and/or smoked paprika for extra flavour!



### 4. PREPARE THE TOPPINGS

Dice **cucumbers** 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.