



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



4/6 Servings



Beef

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	41g/44g	20g/24g	68g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
CORN COBS	2	2
BEEF MINCE	600g	600g + 300g
SALSA	1 jar	2 jars
LEBANESE CUCUMBERS	2	3
RED CAPSICUM	1	2
AVOCADO	1	2
LIME	1	2

## 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.

**6P** - cover rice with 900ml water.



### 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.

**6P** - use 1 jar salsa.

**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.

**6P** - cut 1 lime into wedges.



### 5. MIX RICE & CORN

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

**6P** - add juice from 1 lime.



### 6. FINISH AND SERVE

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