

# Burrito Bowl



*Recipe supplied by MAGGI.*

## **Ingredients**

- 2/3 cups (130g) uncooked brown rice
- 1 packet (100g) MAGGI Mexican Plant Based Mince
- 2 tsp olive oil
- 1 medium (150g) onion chopped, finely
- 1 medium (120g) red capsicum, sliced
- 2 medium (300g) tomatoes, chopped roughly
- 1 avocado diced
- 1 x tin (300g) corn kernels
- 60g baby spinach leaves
- Tomato Salsa
- 2 medium (300g) tomatoes, chopped finely
- 1/4 cup (25g) coriander, chopped finely

1/2 small (50g) red onion, chopped finely

1 small (130g) cucumber, chopped finely

2 tbsp (40mL) olive oil

1 tbsp (20mL) lime juiced

### **Method:**

1. Make rice according to packet instructions and keep warm.
2. In a medium bowl place MAGGI Mexican Plant Based Mince with 1 cup (250mL) water and rehydrate for 10 minutes.
3. Meanwhile to make tomato salsa, in medium sized bowl, add all ingredients and combine well, reserve.
4. Heat a large frying pan over medium to high heat. Add oil, onion and capsicum cook for 2-3 minutes, or until softened. Add the MAGGI Mexican Plant Based Mince and cook for 1 minute.
5. Reduce to medium heat, add tomatoes, cook for a further 4-5 minutes until the tomato breaks down, stirring occasionally.
6. Serve rice into 4 bowls, top with cooked MAGGI Mexican Plant Based Mince, avocado, baby spinach, corn and tomato salsa.