

Lean burrito bowl

Packed with both lean protein and fibre from the addition of lentils and lots of veg, this burrito bowl is going to keep you full and even better, is perfect to prep ahead.

I like to serve with lots of salad greens, fresh lime, plus some avocado for good fats. Also feel free to add some steamed brown rice or quinoa to make a more substantial meal or if cooking for the family, for hungry teens/partners. I hope you enjoy.

Serves 4

Prep: 10 min

Cook: 25 min

1 tbs extra-virgin olive oil
1 onion, finely chopped
1 large carrot, peeled, diced
500g chicken or turkey breast mince
2 tsp ground paprika
2 tsp ground cumin
2 tbs no-added-salt tomato paste
250ml tomato passata
400g can lentils or red kidney beans, rinsed, drained
1 cup corn kernels
200g green beans, sliced
1 large zucchini, diced
Mixed salad leaves, cucumber and sliced avocado, to serve

1 Heat the oil in a large saucepan over medium heat. Add onion and carrot and cook, stirring, for 4 minutes or until softened. Add garlic and spices and cook, stirring, for 1-2 minutes or until fragrant. Add mince and cook, breaking mince up with a wooden spoon for 4-5 minutes or until browned. Add tomato paste and cook, stirring, for 1 minute.

2 Add tomato passata and 125ml water and bring to the boil. Reduce heat and simmer, partially covered, for 10 minutes. Add lentils, corn beans and zucchini and simmer for 5 minutes further or until thickened and vegetables are tender. Season to taste.

3 Serve mince mixture in bowls with mixed salad leaves, cucumber wedges, sliced avocado and lime wedges.

Tip: other delicious additions include serving with a dollop of Greek yoghurt.