



HOMEMADE BY CBHS

Mexican *in a Bowl*

Start autumn with a balance of nutrients in a heart-warming bowl

Serves 2 | Made in under 15 minutes

687 calories | 26g vegetarian protein

2.5-3 serves of veggies | 31 grams fibre (per serve)



Uncooked portion

1 cup grated carrot (1 large carrot)	125g tin of corn, drained
2 cups spinach	1 lime
1 medium tomato chopped	1 handful coriander (10g)
1 medium avocado sliced or mashed	2 tsp of Greek yoghurt Pinch of salt

Cooked portion

400g Mexican bean mix/4 bean mix, drained	½ - 1 tsp chilli flakes
400g whole peeled Italian tomatoes, drained	1 tsp ground coriander
2 tsp paprika	1 medium red capsicum cut in slices
2 tsp cumin	1 x 250g packet of microwave quinoa/ brown rice mix
2 tsp garlic powder	

Method

1. Add Mexican beans, paprika, cumin, garlic powder, ground coriander and chilli flakes to a frypan and brown for a few minutes.
2. Add tin of tomatoes and capsicum and simmer until the capsicum is soft.
3. While the mix is simmering, cook the quinoa/rice as per the packet instructions. Divide the mix between 2 bowls.
4. Then add the cooked bean mix, grated carrot, spinach, fresh tomato, avocado equally between the 2 bowls.
5. Top with a squeeze of lime, pinch of salt, coriander and a dollop of Greek yoghurt and enjoy!

Why it's good for you

- ♥ This is a quick, easy dinner. As an added bonus you can reheat the bean mix for lunch the next day.
- ♥ It has a great balance of protein, healthy fats, complex carbohydrates and vegetables. Different coloured vegetables provide a variety of vitamins, minerals and antioxidants, protein can help reduce hunger pangs, and the fibre and B vitamins in plant protein help keep your energy levels up. Using complex carbohydrates such as brown rice and quinoa make it low GI to give a sustained energy release.
- ♥ This is an excellent way to get 2.5-3 serves of vegetables and this recipe meets more than the daily requirements of fibre in just one meal!

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