



# STEAK BURRITO BOWLS

LOADED UP WITH LOTS OF FRESH SALAD!

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 25 minutes

These quick and easy burrito bowls are a great weeknight dinner. They're really tasty, filling and nutritious. Feel free to switch out the salad ingredients according to your preferences.



## STEAK

- 500g beef sirloin or rump steak (1lb 2oz)
- 1 tsp olive oil
- 1 1/2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 400g can black beans, drained (14oz)
- 300g crushed and sieved tomatoes (10.6oz)

## TO SERVE

- 100g cos lettuce (3.5oz)

- Large handful fresh coriander
- 2 tomatoes
- 1 capsicum (any colour)
- 2 spring onions
- 1 large avocado
- 2 x 250g microwave pouches brown rice (2 x 8.8oz)
- 3/4 cup grated cheddar or Colby cheese (75g)
- 1/2 cup lite sour cream or plain, unsweetened yoghurt (125ml)
- Wedges of lime (or lime juice) *optional*

## 1. COOK STEAK

Dice steak into 2cm / 0.8in cubes. Season with salt and pepper. Heat oil in a large frying pan on medium-high. Add steak and stir fry for 2 minutes, until browned. Add cumin, oregano, garlic powder and paprika. Cook for 2 minutes. Stir in beans and tomatoes. Reduce heat to medium low and simmer gently while you prepare the rest of the meal.

## 2. PREPARE SERVING INGREDIENTS

Shred lettuce and roughly chop coriander. Dice tomatoes and capsicum. Thinly slice spring onions. Mash avocado and season with a little salt and pepper.

3. Microwave rice according to instructions on the packet.

## 4. ASSEMBLE AND SERVE

Season steak mixture with salt and pepper to taste. If sauce has dried out too much, add in a little more tomatoes or a splash of water.

5. Divide rice between individual serving bowls. Top with steak and beans, cheese, lettuce, tomato, capsicum and generous dollops of avocado and sour cream or yoghurt. Sprinkle coriander and spring onions over the top. Add a squeeze of lime juice if you like. Enjoy!



**WINE MATCH:** Try a Sangiovese.

## **STEAK BURRITO BOWLS RECIPE NOTES**

**GLUTEN-FREE OPTION:** This meal is naturally gluten-free.

**INGREDIENT SWAPS / NOTES:** Boneless, skinless chicken thighs are a good alternative to steak. The lime/lime juice isn't essential (I know how expensive they can be when not in season!).

**STORING AND REHEATING:** Rice and steak/beans can be stored together. If you like the cheese melted, add this too and then reheat in the microwave. Store remaining ingredients together and assemble burrito bowls just before serving.