

TURKEY BURRITO BOWL

INGREDIENTS

SALAD

Crunchy lettuce

1 - 2 Punnets cherry tomatoes

(chopped in half or quarters)

1 Can black beans (rinsed)

4 Corn cobs (cut off core- can be eaten raw)

1 Whole red onion (diced)

1 Bunch coriander (chopped)

2 Limes (juice)

Salt and Pepper to taste

1 Chilli (seeds removed)

TURKEY

1 Taco seasoning packet

500g Turkey mince

TOPPING (Optional)

Natural yoghurt (small pot)

Cheese

Medium/mild salsa

Avocado chopped

METHOD

1. Combine tomatoes, beans, corn red onion and coriander in a bowl and mix, top with juice of lime and salt and pepper.
2. Cook turkey mince in a fry pan for about 15 minutes over a medium heat until brown, then stir through with spice and a dash of water. Stir well over heat until all water has been cooked off.
3. Layer on plate
 - Lettuce
 - Fresh chopped salsa
 - Turkey mince
 - Then top with your choice of avo, salsa, yoghurt, cheese