

Mexican burrito bowl



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Total time: 30 min

Preparation: 20 min

Cooking: 10 min

Created by: QAST

Serves: 10

Category: Hot Meals

Level: Easy



See how it's done!
This recipe is viewable on
the **QTuckshops** YouTube
channel

Ingredients

440 g Black beans, drained and rinsed

440 g Corn kernels, drained

1 each Red onion, diced

1 each Yellow capsicum, diced

2 each Red capsicum, diced

0.5 cup Parsley, chopped

3 each Tomatoes, diced

850 g Chicken breast

30 g Taco seasoning

2.5 cup Brown rice, cooked

80 g Lite sour cream

10 each Lemon or lime wedges

1 each 10-inch tortilla wrap

Recipe

1. Pre-cook the rice the day before and place in the fridge.
2. In a large bowl combine black beans, corn kernels, onion, both capsicums, parsley and tomatoes.
Mix together to combine.
3. Toast up the wrap and cut into wedges when cool. Wrap in clingwrap.
4. Place taco seasoning and chicken in a frypan, toss to coat and cook on medium heat for around 10 minutes or until cooked through.
5. Place vegetable mix in 1/2 of the bowl, seasoned chicken in 1/4 and rice in the last 1/4.
6. Place wrapped tortilla wedge on top, with a wedge of lemon or lime and a small pot of sour cream.

Full description

2019 Recipe of the Year!

Thank you to the team at Emerald State High School for sharing this recipe. This versatile recipe can be made gluten free, vegetarian or vegan if needed via some simple swaps.

Variations

Make the bowl vegan by removing the chicken, adding the taco seasoning to the rice, topping the bowl with avocado and serving with salsa instead of sour cream. Make the bowl gluten free by replacing the tortilla with a gluten free wrap or remove tortilla entirely.

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