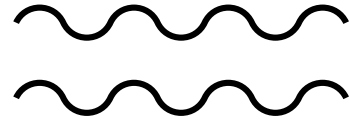


Burrito Bowl

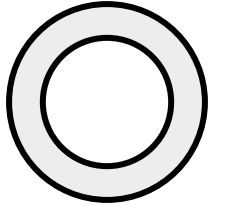
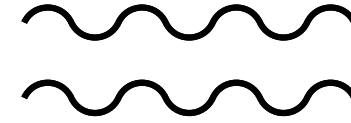


SMH ACTIVITY HUB



Ingredients

- Mince meat (400-500g)
- Salt & Pepper
- Taco Seasoning
- Red Onion or Pre diced red onion
- Baby Tomatoes
- Coriander
- 2 Large Potatoes
- Black Beans
- Lime
- Peri peri Mayonaise or Sour cream (Optional)
- Olive oil



Equipment

- Baking Tray
- Small Bowl
- Wooden Spoon
- Tablespoon
- Chopping Knife
- Teaspoon
- Chopping Board
- Frying Pan
- Potato Peeler
- Paper towel



STEP 1

Preheat the Oven to 200 or
Fan oven 180



STEP 2

Peel and Wash the two large potatoes.

Slice the potatoes and then cut into cubes.

5



STEP 3

Add 2Tbsp of Olive oil and potato cubes on to the baking tray.

Cover potatoes with
-1 Tsp of the Taco Seasoning
-Half teaspoon of salt and pepper

Mix and spread evenly on tray.



STEP 4

Place the potato cubes into the oven for 25-30minutes

(Shake halfway through to prevent sticking or cooking on baking sheet)



STEP 5

Meanwhile, cut the bottom and top of the onion and peel off the skin



STEP 6

Cut onion in half and slice

Once sliced dice the onion to small cubes and add to bowl

(Only use half the red onion)



STEP 7

Wash your baby tomatoes



STEP 8

Cut tomatoes in halve twice
Add to bowl



STEP 9

Clean chopping board

Remove coriander leaves from its stem



STEP 10

Cut the coriander into small pieces using a knife or scissors

(we recommend using the scissors)



STEP 11

Add coriander to bowl

Cut lime in half

Squeeze in one half of lime juice to your salad mix



STEP 12

Mix salad together



STEP 13

Wash Rocket and dry with Paper towel



STEP 14

Place pan onto hob at a high/medium heat

Add 2 Tbsp of Olive oil to pan

Season mince meat with salt & pepper



STEP 15

Once pan is hot, add in your mince meat

Add remainder of taco seasoning to meat and mix

Cook until brown then reduce heat to medium



STEP 16

Drain and wash black beans

Add 1/3 of the can into pan



STEP 17

Once your potatoes are ready
remove from oven with two
oven mitts

Add to frying pan and mix



STEP 18

Add in your burrito mix to bowl

Add in Rocket on top

Add in your salad mix

(Optional) Add peri peri mayo or sour cream and mix

Enjoy !!

