

DINNERLY



Tex-Mex Beef Burrito Bowls

Cook Once, Serve More!



30 minutes



4 Servings

Serve up more with our Feed A Crowd recipes! Using the same amount of meat but with more hearty ingredients like filling carbs and veggies, you can satisfy extra hungry tummies or keep something for tomorrow's lunch. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 2 x 150g jasmine rice
- 2 tomatoes
- 1 small sweet potato
- 2 garlic cloves
- 380g black beans
- lean beef mince
- 50g tomato paste
- 2 x 10g Tex-Mex seasoning ²
- 130g natural yoghurt ¹

WHAT YOU NEED

- 2 tsp olive oil
- 2 tbs barbecue sauce

TOOLS

- medium saucepan with lid
- medium deep frypan

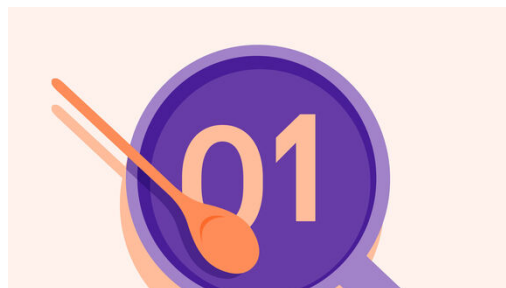
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (1), Sulphites (2). May contain traces of other allergens.

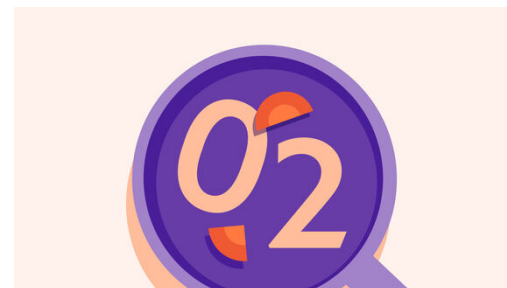
NUTRITION PER SERVING

Energy 595kcal, Fat 13.4g, Carbs 86.6g, Protein 28.5g



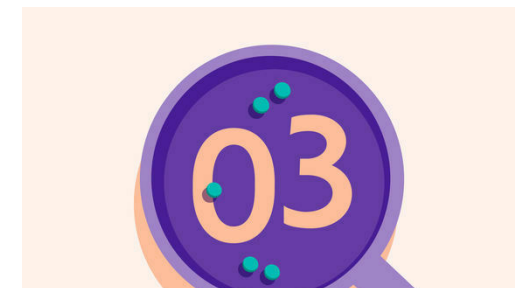
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins. Fluff the rice with a fork.



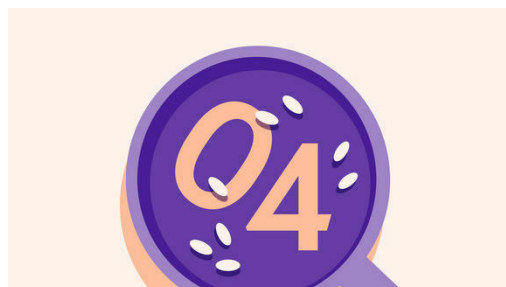
2. Prep ingredients

Meanwhile, cut the **tomatoes** into 1cm chunks. Put in a bowl, season with **salt and pepper** and toss to combine. Peel the **sweet potato** and cut into 1cm chunks. Crush or finely chop the **garlic**. Drain and rinse the **beans**.



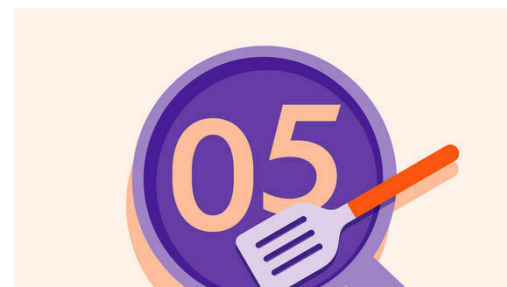
3. Brown beef

Heat **2 tsp olive oil** in a medium deep frypan over high heat. Cook the **beef mince** and **garlic**, breaking up the lumps with a spoon, for 3-4 mins until browned. Add the **sweet potato** and cook, stirring, for 2 mins. Add the **beans**, **tomato paste**, **Tex-Mex seasoning** and **2 tbs barbecue sauce** and cook, stirring, for 1 min or until fragrant.



4. Simmer beef

Add **250ml (1 cup) water** to the beef mixture and bring to the boil. Reduce the heat to medium and cook for 10 mins or until the sweet potato is tender and the sauce is thickened. Remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **rice** and **Tex-Mex beef** among bowls. Top with the **yoghurt** and **tomato** and enjoy!



6. Feed A Crowd

Add a kick of heat with a pinch of chilli flakes, or boost the freshness with a scattering of coriander leaves or thinly sliced spring onion, if you have some on hand.