



Burrito Bowl

Basic Recipe

ingredients

- 500g diced or strips chicken
- 1 x pkt taco seasoning, low salt
- 300g tin of corn, drained
- 4 cups baby spinach leaves
- 1 red capsicum sliced
- 1 cup of diced sweet potato or pumpkin
- 1 x 250g packet microwave basmati rice
- Olive oil spray
- Greek yoghurt to serve

method

1. Pre-heat the oven to 180C fan forced.
2. Place pumpkin or sweet potato on a tray and spray with olive oil
3. Place in the oven and bake for 30-40mins or until cooked
4. Coat the chicken in the taco seasoning and place into a hot pan with some of the olive oil spray, cook until browned
5. Heat the microwave rice according to the pack
6. In a bowl place 1/4 of the microwave rice, top with the chicken, corn, baby spinach, capsicum and sweet potato/pumpkin.
7. Serve with Greek yoghurt.

Note: this can also be served as lunches in a container

Serves 4