



## Beef Taco Bowl Meal Prep

★ ★ ★ ★ ★ 5 from 5 votes

Prep Time:

30 minutes

Cook Time:

20 minutes

Total Time:

50 minutes

Servings: 5 People

Calories: 979kcal

Author: Chef Jack Ovens

### Ingredients

#### Lightly Charred Corn Salsa

- 1 Can (400g-14.1oz) - Corn Kernels, Drained Seasoning To Taste
- 2 - Tomatoes, Diced
- ½ - Red Onion, Diced
- 1 - Jalapeño, Diced
- 7g (0.25oz) - Coriander (Cilantro), Roughly Chopped
- 2 - Small Limes, Juiced
- Seasoning To Taste

#### Spiced Beef Mix

- 2 tsp (10ml) - Olive Oil
- 750g (1.65lbs) - Beef Mince (Ground Beef)
- 1 tsp (2.5g) - Ground Cumin
- 1 tsp (2.5g) - Dried Oregano
- 1 tsp (2.5g) - Smoked Paprika
- 1/2 tsp (1g) - Chilli Powder

- ⅔ Cup (150ml) - Beef Stock
- 3 - White Root Spring Onions (Scallions), Thinly Sliced
- Seasoning To Taste

### **Remaining Ingredients**

- 1 Can (400g-14.1oz) - Black Beans, Drained & Rinsed
- 120g (4.23oz) - Cheddar Cheese, Grated
- 350g (12.35oz) - Basmati Rice, Washed
- 700ml (700g) - Cold Water
- 3 - Green Stem Spring Onions, Thinly Sliced
- Seasoning To Taste

---

## **Instructions**

---

### **Salsa**

1. Place a medium sized pan over medium high heat. Add in the drained corn kernels and toast for 2-3 minutes or until lightly charred and nutty. Remove from the stovetop and place into a bowl to cool down. Add all the salsa ingredients to a bowl, mix well and adjust seasoning if necessary. Store in the fridge until ready to serve.

### **Rice**

1. In a large saucepan, add the washed rice, cold water, and salt to taste. Stir the rice to prevent any clumps from forming and bring it to a boil. Cover with a lid, reduce the heat to low and cook for 14 minutes, undisturbed. After 14 minutes, turn off the heat but leave the lid on for a final 4 minutes to finish steaming. Remove the lid, fluff with a fork or spatula, and let cool slightly.

### **Beef Taco**

1. Place a large pan over medium-high heat. Once hot, add in the oil and beef mince and fry for 6-7 minutes or until browned all over. Add in the spice mix, white stem spring onion, and seasoning to taste. Mix to combine and cook for 1 minute. Pour in the beef stock, bring to a boil, reduce heat to medium and cook for 2-3 minutes or until slightly thickened. Remove from the stovetop.

### **Serving**

1. Divide all components of the dish into 5 meal prep containers. The best formation of ingredients is as follows - Rice, Cheese, Beef Mix, Corn Salsa, and Black Beans. Garnish with green stem spring onion (scallion) and sriracha mayonnaise. Dig in.

## Nutrition Guide

### Nutrition Facts

Beef Taco Bowl Meal Prep

Amount per Serving

**Calories** **979**

% Daily Value\*

**Fat** 21.6g **33%**

Saturated Fat 9.4g **59%**

Trans Fat 1g

Polyunsaturated Fat 2g

Monounsaturated Fat 9g

**Cholesterol** 159mg **53%**

**Sodium** 370mg **16%**

**Potassium** 1307mg **37%**

**Carbohydrates** 119.5g **40%**

Fiber 16.3g **68%**

Sugar 5.5g **6%**

**Protein** 76.3g **153%**

Vitamin A 853IU **17%**

Vitamin C 20mg **24%**

Calcium 212mg **21%**

Iron 8mg **44%**

\* Percent Daily Values are based on a 2000 calorie diet.



**Like this recipe?**

Leave a comment below