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WK39
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Mexican Beef Bowl with Brown Rice

Gather round guys – it's chilli night! This is everything you want from a hearty, warming bowl of Mexican delights, without the guilt. There's plenty of veggies and wholesome brown rice to make you feel good about chilli night (it's our favourite night of the week).



Prep: 15 mins



Cook: 30 mins



Total: 45 mins



level 1



low kJ



spicy

Pantry Items



Water



Olive Oil



Hot Water



Brown Rice



Brown Onion



Beef Mince



Pumpkin



Mexican Spice Mix



Garlic



Coriander



Diced Tomatoes



Greek Yoghurt

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2P	4P	Ingredients
1 packet	2 packets	brown rice, rinsed well
3 cups	6 cups	water *
1 tbs	2 tbs	olive oil *
½	1	brown onion, finely diced
1 packet	2 packets	beef mince
½	1	pumpkin, peeled & chopped into 2 cm chunks
1 sachet	2 sachets	Mexican spice mix
1 clove	2 cloves	garlic, peeled & crushed
1 bunch	2 bunches	coriander, stems chopped and leaves picked
1 tin	2 tins	diced tomatoes
½ cup	1 cup	hot water *
1 tub	2 tubs	Greek yoghurt

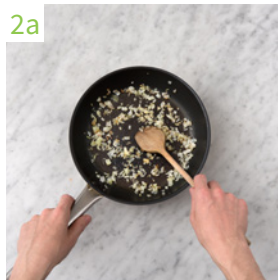
⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

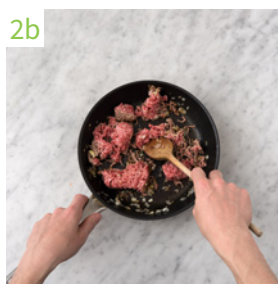
Nutrition per serve

Energy	3210	Kj
Protein	47.3	g
Fat, total	23.9	g
-saturated	7.7	g
Carbohydrate	85.1	g
-sugars	23.1	g
Sodium	413	mg



You will need: *chef's knife, chopping board, sieve, garlic crusher, medium saucepan with lid, large saucepan with lid and wooden spoon.*

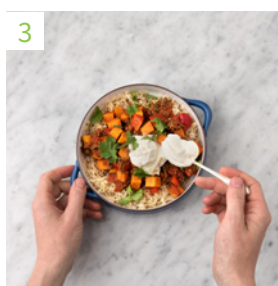
1 Place the **brown rice** and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is soft. Drain.



2 Heat the **olive oil** in a large saucepan over a medium-high heat. Add the **brown onion** and cook, stirring occasionally, for **3 minutes** or until tender. Add the **beef mince** and cook, breaking up with a wooden spoon, for **3 minutes**, or until browned. Add the **pumpkin**, **Mexican spice mix**, **garlic** and **coriander stems**, and cook for a further **2 minutes**, or until beginning to soften. Add the **diced tomatoes** and **hot water**. Bring the mixture to the boil and season to taste with **salt** and **pepper**. Reduce the heat to low. Cover and simmer for **10 minutes**. Remove the lid and simmer uncovered for a further **10 minutes**, or until vegetables are tender.



3 To serve, divide the brown rice between bowls and top with the Mexican beef and vegetable mix. Dollop with the **Greek yoghurt** and top with the **coriander leaves**.



Did you know? Greek yoghurt contains high levels of lactic acid that promote healthy skin.