



## Beef & Smoky Black Bean Burrito Bowl

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All the flavour of a burrito, minus the tortilla. You'll top rice with crispy cumin-spiced beef, smoky refried beans, cheddar cheese and a refreshing tomato and little gem salad. Drizzle with chipotle yoghurt t... [Read more](#)

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## Ingredients

For 2 people [**double for 4**]



40g cheddar cheese †



80g natural yoghurt †



100g white long grain rice



1 garlic clove



1 tsp ground cumin



2 tsp smoked paprika



1 gem lettuce



400g canned black beans



5.5g beef stock mix



20g chipotle paste



250g British beef mince



1 lime



1 tomato

## You'll also need

Olive oil, pepper, salt

## Cooking instructions

For 2 people [**double for 4**]



**1.** Rinse the **white long grain rice** until the water runs clear, then add it to a pot with a lid with 175ml [**350ml**] **cold water** and bring to the boil over a high heat

Once boiling, reduce the heat to very low and cook, covered, for 12-15 min or until all the water has absorbed and the rice is cooked

Once done, remove from the heat and set aside (lid on) to steam until serving



2. Meanwhile, dice the **tomato[es]**

Wash the **gem lettuce**, then pat it dry with kitchen paper and shred

Peel and finely chop (or grate) the **garlic**



**3.** Heat a large, wide-based pan (preferably non-stick) with a drizzle of **olive oil** over a high heat

Once very hot, add the **beef mince** and cook for 7-8 min or until crispy, breaking it up with a wooden spoon as you go

Once crispy, add the **ground cumin** and cook for 2 min further – this is your **crispy cumin beef**



**4.** Whilst the beef is cooking, boil half a kettle

Grate the **cheddar cheese**

Cut the **lime[s]** in half

Add the **natural yoghurt** to a bowl with the **chipotle paste** (can't handle the heat? Go easy!) and give it a good mix up – this is your **chipotle yoghurt**





**5.** Transfer the **crispy cumin beef** to a plate and set aside

Drain and rinse the **black beans**

Return the pan (and any oil left from the mince) to a medium heat

Once hot, add the **drained black beans**, **smoked paprika** and **chopped garlic** and cook for 1-2 min or until fragrant – these are your **smoky beans**



**6.** Meanwhile, dissolve the **beef stock mix** in 150ml **[250ml]** **boiled water**

Add the **beef stock** and the juice of 1/2 **[1]** **lime** to the pan and cook for 3-4 min further

Remove the **smoky beans** from the heat and mash into a semi-smooth paste – these are your **smoky refried beans**



**7.** Combine the juice of the **remaining lime** with 1 tbsp **[2 tbsp]** **olive oil** in a bowl

Season with a pinch of **salt** and **pepper**

Add the **shredded lettuce** and **diced tomato** to the bowl and give it a good mix up – this is your **chopped salad**

To assemble, top the **cooked rice** with the **crispy cumin beef** and serve the **chopped salad** and **refried smoky beans** to the side – this is your **beef & smoky black bean burrito bowl**

Drizzle over the **chipotle yoghurt** and sprinkle over the **grated cheese**

Enjoy!

## Nutritional information

## Allergens

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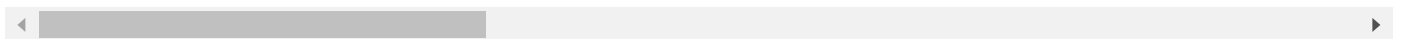
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