

## **BURRITO BOWL LUNCH PACK**

### **Ingredients**

#### **Guacamole**

1 ripe avocado  
½ teaspoon lemon juice  
1 small onion, finely chopped  
1 small tomato, finely chopped  
2 green chillies, finely chopped  
1 tablespoon chopped fresh coriander leaves  
Salt to taste

#### **Rice**

2 cups boiled brown *basmati* rice  
1½ tablespoons oil  
1 small onion, finely chopped  
½ cup mixed capsicum, finely chopped  
¼ cup boiled sweet corn kernels  
1 cup boiled kidney beans (*rajma*) + 1 cup mashed  
Salt to taste  
Crushed black peppercorns to taste  
1 teaspoon dried red chilli flakes  
1½ tablespoons tomato ketchup  
1 tablespoon chopped fresh coriander leaves

#### **To serve**

A few fresh ice berg lettuce leaves  
English cucumber slices to serve  
Salsa to serve  
Toasted tortilla triangles to serve

### **Method**

1. For the guacamole, cut the avocado in half, scoop out ½ of the avocado into a bowl. Reserve the rest. Add lemon juice in the same bowl and mash using a fork.
2. Add onion, tomato, green chillies and chopped coriander and salt. Mix well and set aside.
3. For the rice, heat oil in a non-stick wok. Add garlic and sauté well. Add onion and sauté till translucent.
4. Add capsicum and mix well. Cook for 1 minute.
5. Add sweet corn and kidney beans and toss well. Add salt and mix.
6. Add rice, crushed black peppercorns and dried red chilli flakes and mix well.
7. Add tomato ketchup and mix till well combined. Add chopped coriander and mix, take the pan off the heat and allow to cool slightly.
8. For the assembly, add a few ice berg lettuce leaves in a lunch box, add a portion of the prepared rice on top. Add salsa, prepared guacamole and garnish with sliced cucumbers and slice the remaining avocado and place it on top.
9. Serve with toasted tortilla triangles.

Note:

To make salsa fresca, combine 4 blanched and chopped tomatoes, 1 chopped onion, 2 chopped fresh jalapenos in a bowl. Add 2 tsps olive oil, ½ tbsp. lemon juice, salt, 1 tbsps sweet chilli sauce and 3 tbsps chopped coriander in a bowl. Use as required.

To make roasted tomato salsa, roast 4 tomatoes. 4-5 garlic cloves, 2 fresh jalapenos and 1 peeled onion till charred. Allow to cool slightly and peel tomatoes, jalapenos and chop roughly. Chop garlic and onion and add to the tomato mixture. Add 1 tbsp olive oil, salt and 2 tbsps chopped coriander and mix well. Use as required.