

Mexican Beef Bowl

Serves 4

500g organic/grass fed beef mince

1 x brown onion, diced

1 x clove of garlic, chopped

1 tablespoon jalapeno/red chilli, chopped

1 x can black beans, drained and rinsed

4 heaped tablespoons tomato paste

1 tablespoon paprika

1 sweet potato, sliced into thin rounds

Pinch of cayenne pepper (optional)

2 cobs of corn, husks removed

To serve: shredded butter lettuce, chopped capsicum, sliced spring onion, sliced avocado, fresh coriander, yoghurt and fresh jalapeno chilli.

Preheat the oven to 180°C. Wrap the corn in foil and place in the oven. Lay the sweet potato slices on a baking tray, drizzle with some oil, and a pinch of cayenne pepper then bake for 20-30minutes or until slightly browned.

Meanwhile, heat a fry pan on low-medium heat and cook onion for 2 minutes and then add the garlic and chilli and cook for a further 2 minutes. Add the beef mince, breaking it up and then add the tomato paste and paprika and cook until beef is browned. Stir in the black beans and cook for a further 3 minutes.

Layer the bowl with lettuce, capsicum, spring onion, sweet potato chips, corn, the beef mixture, avocado, fresh coriander, yoghurt and fresh chilli.

