

Taco Bowl



1 serving



20 minutes

INGREDIENTS

75g mixed red beans (approx. $\frac{1}{4}$ cup)

1 tbsp water

50g corn kernels (approx. $\frac{1}{4}$ cup)

$\frac{1}{2}$ diced tomato

$\frac{1}{2}$ cucumber

1 small, diced onion

$\frac{1}{4}$ diced red capsicum

$\frac{1}{2}$ cup rice (use microwavable rice for a convenient option)

$\frac{1}{4}$ avocado

2 tsp lime juice

Salt to taste



DIRECTIONS

1. In a pot add the beans with 1 tbsp water and 2 tsp of taco seasoning. Simmer and cook until the liquid evaporates.
2. In the serving bowl, add the beans, tomatoes, corn, rice, onion, capsicum, and cucumber (as shown in the picture).
3. In a separate bowl, mash the avocado then add the lime juice and salt. Add this mixture to the centre of the taco bowl.