

# Burrito Bowls

## Dietitian's Top Tips:

- Time saver: cook extra portions of mince and vegetables to freeze and use at a later date.
- If your goal is to gain weight, serve with sour cream, full fat yogurt, or grated cheese.

## Ingredients:

### Burrito Mince:

500g mince (beef/chicken/lamb/pork)  
1 packet of burrito/taco seasoning  
1 cup passata  
1 onion, finely diced  
2 cloves garlic, crushed  
oil

### Spanish Rice:

400g chopped tomatoes  
1 cup jasmine rice OR 1 pack microwave jasmine rice  
1¼ cups chicken stock (adjust to ¼ cup if using microwave rice)  
1 tbsp olive oil  
1 tsp crushed garlic  
1 tsp chilli powder  
1 tsp oregano  
1 tsp cumin  
salt to taste

### Spicy Vegetables:

1 tsp crushed garlic  
1 finely diced onion  
1 cup diced red pepper (skin removed) to 1.5x1.5cm  
1 courgette, diced to 1.5x1.5cm, seeds removed  
1 cup diced butternut, skin removed, diced to 1.5x1.5cm  
1 burrito/taco seasoning  
olive oil

IDDSI Level 6

Dinner

Recipe source: Beyond the Blender Dysphagia Cookbook

Time to make: 45 mins

Servings: 4-6

## Instructions:

### Burrito Mince:

- Heat oil in a pan, then add onion and garlic. Sauté until onion is translucent and soft.
- Add mince and brown.
- Add taco seasoning and stir to combine.
- Add passata and stir occasionally until the sauce thickens slightly.

### Spanish Rice:

- In a saucepan, combine all ingredients.
- Cover and bring to a boil, before reducing heat to low.
- Simmer until rice is cooked and liquid absorbed (approximately 10 minutes for microwave rice, or 20 minutes for regular rice).

### Spicy Vegetables

- Steam the courgette and pumpkin on the stove or in the microwave until soft for approximately 8 minutes.
- Heat a small amount of olive oil in a frying pan, adding the pepper, onions and garlic. Cook slowly, over medium heat, until the pepper is soft and the onions are soft and translucent. Add the seasoning mix and stir to combine.
- Add the steamed vegetables to the pepper and onion and stir to combine.
- Serve in a bowl with sour cream, lime and/or avocado.