

# Burrito Bowl

Traffic light category: **Green**

Serves: 6



## Ingredients

2 raw chicken breasts, skin removed and diced  
½ packet taco seasoning mix  
Cooking spray  
1½ cups corn kernels  
1 red capsicum, diced  
Handful of coriander  
1 lime  
1 ripe avocado, diced

1 large tomato, diced  
½ red onion, diced  
3 cups cooked brown rice  
3 cups lettuce, shredded  
240g tin red kidney beans, drained and rinsed  
1 cup reduced fat cheese, grated  
2 tablespoons sliced pickled jalapeno (optional)  
6 tablespoons light sour cream

## Method

1. Place chicken and taco mix in a snap lock bag, rub until chicken is coated in mix
2. Place a non stick pan over medium heat, spray lightly with cooking spray, add chicken and cook, stirring until golden brown. Allow to cool
3. Place corn, capsicum and coriander in a mixing bowl, add a squeeze of lime juice, mix gently
4. Place avocado, tomato and red onion in a mixing bowl, add a squeeze of lime juice, mix gently
5. Place 6 disposable bowls or containers out on a bench
6. Spoon rice into bowl and then follow in a line with, kidney beans, shredded lettuce, corn mix, avocado mix then chicken
7. Top with sprinkle of cheese, jalapenos if using and a dollop of sour cream.

*Note: Layers and ingredients are simply ideas, use any combination to create a healthy visually appealing bowl of colour!  
This can also be served in a tall plastic cup*



*Supporting healthy choices*

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