

MEXICAN SMOKY VEGETARIAN BURRITO BOWL

LATIN AMERICA
/ MEXICO

ORIGINS

The origins of the Burrito date back to the early 1900s where, during the Mexican Revolution, a vendor named Juan Mendez traded on the streets of Ciudad Juarez. To keep his produce warm whilst transporting it on his donkey-drawn cart, he wrapped it in a tortilla and the burrito, or 'little donkey', was born. A burrito was said to have consisted of a rolled tortilla filled with meat and other ingredients. However, in other areas of Mexico, similar dishes were known as a cocito and taco, respectively.



4



10 min



10 min



WHAT YOU NEED

- 1/2 pkt (15 g) Mexican spice
- 250 g mushrooms, sliced
- 1/2 head cauliflower, chopped
- 1 onion, chopped
- 400 g can black beans
- 1/2 cup corn kernels
- 100 g green beans, halved
- 1 avocado mashed with sour cream
- 2 cups cooked rice
- 1 lemon, quartered

HOW TO MAKE

①

Sauté onion, 5 min. Add spice, sauté 1 min. Add mushrooms and cauliflower, sauté 5-7 min until cooked.

②

Mix green beans with corn kernels. Arrange on top of rice and beans in a bowl.

③

Top with mushroom and cauliflower mix.

HOW TO SERVE

Serve with a dollop of avocado mash, lemon wedges and fresh coriander.

HINTS & TIPS

SIDES & CONDIMENTS

For a zestier flavour add a dash of spicy tomato salsa.

SWAPS & ALTERNATIVES

veggie combos: swap green beans for peas. Add in 1 diced capsicum with corn kernels.

alternative: this dish can also be eaten with tortillas, if desired.

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