



CRISPY CHILI PROTEIN BOWLS (DINNER)



4 servings



20 minutes

INGREDIENTS

500g high-quality lean beef mince or
use chicken, turkey or veggie mince

1 large red pepper

4 spring onions

2 cloves of garlic

1/2 red chilli

2 carrots, julienned

1 cucumber

Handful of radishes

Sesame seeds

1 avocado

1/2 beef stock cube or veggie

4 tbsp of cooked rice to serve

For the sauce:

3 tbsp sweet chili sauce

3 tbsp low-sugar tomato ketchup

4 tbsp rice vinegar

1 heaped tsp honey

2 tbsp dark soy sauce

2 tbsp toasted sesame oil

3 tbsp water

1 tsp ginger puree

1 heaped tsp corn flour

1/2 tsp Chinese 5 spice

DIRECTIONS

1. Peel the cucumber into ribbons and finely slice the radishes. Place into a bowl and dress in 2 tbsp rice vinegar and 2 tsp toasted sesame oil. Leave to one side.

2. Slice your peppers, garlic, diced red chili, carrots and spring onion. Leave to one side.

3. Mix together the sauce ingredients, add 2 tbsp water and set to one side.

4. Heat a pan until very hot, add the mince and break up using a wooden spoon. Crumble in 1/2 beef stock cube for extra flavour and once browned remove the mince but keep the pan on the heat.

5. Add in the vegetables, chili and garlic, 1 tbsp water to deglaze the pan and sauté for a few minutes. Add back in the beef, tip in the sauce and toss to coat and thicken everything. Taste and adjust to your preference adding soy if needed.

6. To serve, plate up 4 tbsp each of rice, 1/4 sliced avocado, a handful of salad, and 1/4 of the beef mix. Top with extra spring onion.

484 calories and 31g protein using 5% beef mince