

Burrito bowl with chipotle black beans



This healthy burrito bowl is chock full of veggies and greens, perfect for a filling lunch. This is one vegetarian meal that tastes just as good as it looks

Prep: 15mins • Cook: 15 mins • Serves 2

Ingredients

125g basmati rice
1 tbsp olive oil
2 garlic cloves, chopped
400g can black beans, drained and rinsed
1 tbsp cider vinegar
1 tsp honey
1 tbsp chipotle paste
100g chopped curly kale
1 avocado, halved and sliced
1 medium tomato, chopped
1 small red onion, chopped

To serve (optional)

chipotle hot sauce
coriander leaves • lime wedges

Method

1 Cook the rice following pack instructions, then drain and return to the pan to keep warm. In a frying pan, heat the oil, add the garlic and fry for 2 mins or until golden. Add the beans, vinegar, honey and chipotle. Season and warm through for 2 mins.

2 Boil the kale for 1 min, then drain, squeezing out any excess water. Divide the rice between big shallow bowls and top with the beans, kale, avocado, tomato and onion. Serve with hot sauce, coriander and lime wedges, if you like.



Lemon syllabub

A quick dessert that can be as indulgent or as healthy as you want, experiment with your favourites

Prep: 10 mins • Serves 4

Ingredients

284ml tub whipping cream
50g caster sugar
50ml white wine
zest and juice from ½ lemon
almond thins or berries, to serve

Method

1 Whip the cream and sugar together until soft peaks form. Stir in the wine, most of the lemon zest and the juice. Spoon into glasses or bowls, sprinkle with the remaining zest and serve with almond thins or berries.