

# IRISH YOGURTS

## CLONAKILTY

### BURRITO BOWL



By Irish Yogurts Clonakilty

Burrito Bowl

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Method

#### **Bean Chilli**

- In a large frying pan, heat your oil on a medium heat and add in your garlic. Heat for about 30 seconds before adding your kidney beans, sweetcorn, cumin, chilli powder, paprika and coriander. Cook for 3-4 minutes before adding in your chopped tomatoes. Bring to a boil and then reduce to a simmer. Simmer for 5-10 minutes.

#### **Salsa**

- Add your tomatoes to a bowl along with your chilli pepper, onion, garlic and lime juice. Squeeze over your lime juice and mix well. Add in your fresh coriander and give it another quick mix. Set aside.

#### **Guacamole**

- Cut your avocados in half length ways and carefully remove the stone. Use a spoon to remove the avocado from the skin and into a bowl. Mash the avocados as much or as little as you would like with a fork. Add in your onion, tomato and lime and mix well. Add in your crème fraîche, for extra creaminess, and mix well.

#### **To Assemble**

- Add your rice first to your bowl. Then add in your chilli beans, followed by your salsa and your guacamole. Top the bowl off with some nachos, cheese and a generous spoonful of crème fraîche.
- Tip: You can add any variations you like to this recipe such as coleslaw, sweet potato chips, beef chilli, or any chopped vegetables.



## Ingredients

### **Bean Chilli**

- 1 tin kidney beans (or black beans, butter beans, chickpeas), drained
- 1 tin chopped tomatoes
- 1 small tin sweetcorn, drained
- 2 tbsp. Olive oil
- 3 cloves garlic, minced
- ½ tsp. Cumin
- ½ tsp. Chilli Flakes
- 1 tsp. Smoked Paprika
- ½ tsp. Ground Coriander

### **Salsa**

- 3 Large beef tomatoes, diced
- Generous pinch salt
- 1 small red onion, finely diced
- 1 garlic clove, minced
- Squeeze lime juice
- Fresh Coriander, roughly chopped

### **Guacamole**

- 2 large, ripe avocado
- ½ small red onion, finely chopped
- 2 cherry tomatoes, finely chopped
- Juice of ½ a lime
- 2 tsp. [Irish Yogurts Clonakilty Half Fat Crème Fraîche](#)

### **To Assemble**

- Corn Nachos
- Grated Cheddar Cheese
- Prepared rice
- Extra [Irish Yogurts Clonakilty Half Fat Crème Fraîche](#)

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