



CHIPOTLE QUINOA BURRITO BOWL

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

SALAD

- 2 cups quinoa, cooked
- 1 tin (400g) black beans, drained and rinsed
- 1 tin (300g) sweetcorn
- 1 cup tomatoes, diced
- 1 Red onion, chopped
- 1 Avocado, sliced
- 1 cup fresh coriander, chopped

DRESSING:

- 2 tbsp greek yoghurt
- 2 tbsp olive oil
- 1 tsp chipotle paste or harissa
- A splash of water

PREP TIME

- Prep time: 10mins
- + quinoa cooking time or use a pre cooked pouch

METHOD

SALAD

- Mix all ingredients together in a large bowl and mix well

DRESSING

- Add all ingredients to a jar and stir well
- Put lid on the jar and shake until combined

Pour dressing over salad and toss to cover evenly