



MEXICAN SPICED BURRITO BOWLS

SERVES 4

SOURCE: Terreen Stenvers
Sports Dietitians Australia

🕒 30 MINUTES



Ingredients

- 300g chicken tenderloins
- 1 large avocado, peeled and sliced
- 400g tinned corn, drained
- 400g tinned black beans, drained
- Make a salsa with 4 chopped tomatoes, 1 lebanese cucumber, and 6 sliced spring onions
- 200g Chobani natural yoghurt
- 2 tsp of homemade mexican seasoning-mix together 1/2 tsp chili powder, 1 tsp garlic powder, 1 tsp onion powder, 1/2 tsp oregano, 2 tsp each of paprika and ground cumin, 1/2 tsp each black pepper, salt and a pinch of ground cinnamon and cloves
- 4 whole grain wraps or 4 cups of quinoa or rice

NUTRIENT PER SERVE: wrap / with rice

Energy 3066kJ / 3436kJ

Protein 38.5g / 37.9g

Fat 26.9g / 21g

Carbohydrate 73.4g / 108 g

Saturated Fat 6.8g / 5.1g

Fibre 18.3g / 18.1g

Method

1. Rub mexican seasoning on chicken and pan fry until cooked. Put aside
2. Assemble burrito bowl or wrap with ingredients as above and dollop with chobani yoghurt.

Tip: Suitable for vegetarians if you omit chicken.



HOT TIP

This meal provides good quality protein to assist with recovery, whole grain carbohydrates to fuel high intensity efforts and brightly coloured vegetables, rich in antioxidants!



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