

EASY BEEF & QUINOA SALAD BOWL

Serves 2

Prep 20 mins

Cooking 20 mins

½ cup (100g) white quinoa, rinsed, drained
180g Beef Rump Steak
2 tsp olive oil
75g snow peas, trimmed, thickly sliced
½ bunch broccolini, cut into 4cm lengths
½ cup (40g) finely shredded red cabbage
½ red capsicum, seeded, thinly sliced
½ avocado, stoned, peeled, finely chopped
½ mango, stoned, peeled, thinly sliced

Honey-herb dressing:

1 tbs olive oil
1 tbs lime juice
½ tbs honey
½ tbs finely chopped coriander
½ tbs finely chopped mint



1. Place the quinoa and 1 cup water in a medium saucepan over high heat.
2. Bring to the boil. Reduce heat to low. Cover and simmer for 15 mins or until the liquid is absorbed.
3. Remove from heat.
4. Use a fork to separate the grains.
5. Meanwhile, heat a frying pan on medium-high.
6. Coat the beef in the oil. Season.
7. Cook for 3 mins each side for medium or until cooked to your liking.
8. Transfer to a plate and cover with foil. Set aside for 5 mins to rest.
9. Thinly slice.
10. Cook the snow peas and baby broccoli in a steamer over a saucepan of simmering water for 2 mins or until just tender. Refresh under cold water. Drain well.
11. To make the honey-herb dressing, place the oil, lime juice, honey, coriander and mint in a screw-top jar. Shake until well combined. Season.
12. Divide quinoa among serving bowls. Top with beef, snow peas, baby broccoli, cabbage, capsicum, avocado and mango. Drizzle with the dressing.

SPICED CHICKEN RICE BOWL

Serves 2

Prep 20 mins

(+ cooling time)

Cooking 10 mins

1 corn cob, husks and silks removed
2 cups (300g) steamed rice
180g Spiced Chicken (recipe below)
30g baby rocket leaves

2 cherry tomatoes, thinly sliced
½ carrot, peeled into thin ribbons
½ cucumber, peeled into thin ribbons
½ avocado, stoned, peeled, thinly sliced
¼ cup coriander leaves
40ml Mexican dressing (recipe below)

1. Heat a frying pan on medium.
2. Cook the corn in the frying pan, turning, for 8 mins or until tender and lightly charred.
3. Set aside to cool slightly. Use a small serrated knife to cut down the side of the corn to release the kernels.
4. Divide steamed rice among serving bowls.
5. Top with corn, chicken, rocket, tomato, carrot, cucumber, avocado and coriander.
6. Drizzle with dressing.

Spiced Chicken

180gm chicken thigh fillets.

Coat chicken thigh fillets in a mixture of ¼ tsp ground cumin, ¼ tsp ground coriander, pinch paprika, ¼ tsp chilli flakes, ½ tsp crushed garlic, ¼ tsp dried oregano and 1 tbs olive oil. Char grill until cooked through and thinly slice.

Mexican Dressing

1 tbs lime juice
¼ tsp ground cumin
½ tsp dried chilli flakes
1 tsp honey
2 tsp finely shredded coriander
30ml olive oil