

Mexican buddha bowl

Lunch & Light Meals

Serves 2

Prep 15Min

Cook 25 Min



- Butternut squash, 2 cup(s), cubes, cut into 1-inch pieces
- Red bell pepper, chopped, 1/3 cup(s)
- Red onion, chopped, 1/3 cup(s)
- Extra virgin olive oil, 2 tsp(s)
- Taco seasoning, 1 tbsp(s)
- Eggs, 2 large
- Instant brown rice, cooked, 2/3 cup(s)
- Black beans, canned, 1/2 cup(s), rinsed
- Cherry tomatoes, 5 cherry tomato(es), diced
- Baby spinach, 1 cup(s)
- Cilantro, fresh, 1/2 cup(s), chopped
- Lime, 1/2 lime(s)

Method

Preheat oven 400°F.

Place the squash, peppers and onion in a small roasting pan and toss with the olive oil and taco seasoning, mix to coat. Roast for 20 minutes or until vegetables are golden and tender.

Meanwhile, cook the eggs in a small saucepan of water for 6 minutes for soft boiled or 8 minutes for hard boiled. Refresh in cold water, peel and cut eggs in half.

Divide the rice into two serving bowls. Divide the squash, peppers, onions, black beans, tomato and spinach between the bowls. Top with the egg halves and cilantro leaves.

Squeeze over the lime juice to serve.

TIP: For a quicker method, place the squash into a microwave-safe dish, add a splash of water and cover. Microwave for 2 minutes, check and cook further until squash is soft.

Drain water and sprinkle over taco seasoning. Peppers and onion can be added to the bowls raw.

Nutrition facts per serve

Makes 2 serves