

# Pork and bean burrito bowl



Ballarat Health Services

## Ingredients

3 teaspoons extra virgin olive oil  
1 red onion, finely chopped  
2 garlic cloves, crushed  
1 teaspoon Ground Cumin Seeds  
425g can black beans, rinsed, drained  
3 vine-ripened tomatoes, finely chopped  
1 lime, rind finely grated, juiced  
1 teaspoon dried chilli flakes  
4 (120g each) lean pork loin steaks, fat trimmed  
200g cabbage, finely shredded  
60g baby spinach leaves, thinly sliced  
1 large carrot, peeled, coarsely grated  
1/2 cup fresh coriander leaves, coarsely chopped, plus extra, to serve  
1 teaspoon honey  
1/2 small avocado, sliced  
70g (1/4 cup) natural yoghurt  
Lime wedges, to serve



## Method

**Step 1** Heat 1 tsp oil in a saucepan over medium heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add garlic and cumin. Cook, stirring, for 1 minute. Add beans and tomato. Cook, stirring, for 8-10 minutes, until thickened.

**Step 2** Meanwhile, heat a chargrill pan over high heat. Combine rind, 1/2 tsp chilli and a large pinch of sea salt in a bowl. Rub over the pork. Spray with olive oil. Cook for 3-4 minutes each side or until the pork is just cooked through. Transfer to a plate. Cover loosely with foil. Set aside for 5 minutes to rest. Thickly slice.

**Step 3** Combine the cabbage, spinach, carrot and coriander in a large bowl. Whisk the honey, 1 tablespoon juice and remaining oil and chilli in a small bowl. Add to slaw. Toss to combine.

**Step 4** Divide the slaw among bowls. Top with the bean mixture, pork and avocado. Serve with yoghurt, extra lime wedges and coriander.

Source: [www.taste.com.au](http://www.taste.com.au)