



Ingredients

- 15 mg Oil
- 500 g Lean minced beef
- 1 pkt MAGGI Your meal your way Chilli Con Carne
- 400 g Can diced tomatoes
- 400 g Can Red Kidney Beans
- 250 g Avocados
- 400 g Can corn kernals
- 250 g Tomato
- 10 g Fresh coriander, chopped
- 50 g Lime Juice
- 150 g White Long-Grain Rice
- 60 g Grated Tasty Cheese
- 80 g Sour Cream

Instruction

1. Heat oil in a large frying pan, add beef and onions, cook for 5 minutes or until browned.
2. Add MAGGI Your Meal Your Way Chilli Con Carne , tomatoes and beans. Cook for 5 minutes or until cooked.
3. In a medium bowl; combine avocado, corn, tomato, coriander and lime juice to make a salsa
4. Add rice to a large serving bowl, cover with mince, sprinkle with cheese top with salsa, dollop sour cream to finish.

Nutrition

Carbohydrates	74.4 g
Energy	745.59 kcal
Fats	25.32 g
Protein	46.87 g
Sugars	14.29 g

🕒 15 Minutes

⊕ 4 portions