

Vegetarian Taco Bowl

Serves: 2

Prep time: 15 minutes

Cook time: 10 minutes



2 ½ serves per portion

Ingredients

1 can brown lentils, drained and rinsed

1 packet taco seasoning

1 cup lettuce, shredded

½ cup cheddar cheese, grated

1 medium tomato, diced

½ small red capsicum, diced

1 avocado, diced

½ small red onion, diced

Squeeze of lime juice

2 teaspoons pepitas

2 teaspoons sunflower seeds

2 tablespoons sour cream (*optional*)

Method

HEAT the lentils in a small frypan with the taco seasoning and ¼ cup water. Simmer, stirring until moisture is nearly all cooked off. Remove from heat.

DIVIDE shredded lettuce between serving bowls and top with the lentil mix.

ADD cheese, tomatoes, capsicum, avocado and onion. Squeeze fresh lime juice over the top.

SPRINKLE with sunflower seeds and pepitas.

ADD a dollop of sour cream on top (*optional*) and serve.



Everyday Food

Recipe courtesy of Letitia Daveson, Eton-Eton North Branch