thermomix

QUICK TURKEY TACO BOWL
(TM6, TM5, TM31)

⏲ 15 min. ⏱ 15 min. 🌱 easy 🍴 4 portions

Preparation

Taco seasoning

1. Place all seasoning ingredients into mixing bowl and mill **1 min/speed 10**, until a fine powder. Transfer into a sealable container and store in a cool, dry place until ready to use.

Salsa

2. Place all salsa ingredients into mixing bowl and chop **4 sec/speed 5**. Transfer into a sealable container and place into refrigerator until ready to serve.

Turkey salad bowl

3. Place a frying pan over medium heat and add oil. Add mince and 1-2 tablespoons of the reserved Taco seasoning and fry for approx. 5 minutes or until cooked.

4. Divide turkey, corn, black beans, cheese, lettuce, avocado and reserved Salsa between bowls and serve (see Tips).

TIPS

- For a milder *Taco seasoning*, omit or reduce the amount of dried chilli flakes and/or peppercorns.
- You can store the *Taco seasoning* in the pantry for up to 6 months.
- The cooked mince and corn can be placed into freezable containers and frozen. Simply thaw and add remaining ingredients. Perfect for quick, easy lunches!
- Add some cooked brown rice for a fibre-rich dish.
- To grate your own cheddar cheese, grate **10-15 sec/speed 5.**

INGREDIENTS

Taco seasoning
20-40 g chilli powder
1¼ tbsp garlic powder
1¼ tbsp onion powder
1¼ tbsp dried oregano
2 tbsp paprika
2 tbsp cumin seeds
1 tbsp sea salt
1 tbsp dried chilli flakes, (optional - see Tips)
1 tbsp black peppercorns (optional - see Tips)

Salsa
2-3 ripe tomatoes (approx. 250 g), cut into quarters
1 jalapeño chilli, trimmed and cut into halves (optional)
¼ red onion (approx. 80 g)
1 tbsp lime juice
½ tsp salt

Turkey salad bowl
olive oil, for frying
500 g turkey mince
200 g canned sweet corn kernels, rinsed and drained
400 g canned black beans, rinsed and drained (approx. 250 g after draining)
40 g cheddar cheese, grated
½ iceberg lettuce, shredded
1 avocado, flesh only, cut into thin slices
fresh coriander leaves, for garnishing