

Mexican Beef Breakfast

CAL: 182 PROTEIN: 13 CARBS: 10 FIBRE: 3 FAT: 10



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SERVES:

4



TIME:

20 minutes



INSTRUCTIONS

In a medium size bowl, add all the salsa ingredients, toss together and set aside.

Next, bring a medium pan to medium-high heat. Add the olive oil, followed by minced beef. Cook beef for 3-4 minutes or until browned, then add all the spices and mix through to combine. Cook for an additional 3-4 minutes or until beef is fully cooked.

Divide mixture on to four plates and top with salsa.

INGREDIENTS

2 tsp olive oil

240g minced beef

2 tsp onion powder

2 tsp garlic powder

2 tsp ground cumin

2 tsp smoked paprika

For the salsa:

140g cherry tomatoes, finely diced

1/2 red onion, finely diced

1 avocado, chopped

4 tbsp fresh coriander, chopped

1 lemon, juiced

salt & pepper, to taste

MACROS

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