



1/3 cup dry bulghur
= 1 cup soaked.



Mexican beef with kidney beans

| No. serves per person | Ingredients | Variations |
|-----------------------|---|---|
| V 4 1/4 | <ul style="list-style-type: none">• 1/4 onion• 1/4 carrot + 1/4 zucchini• 1 small tomato• 1 handful green beans• 1/4 avocado to serve | <ul style="list-style-type: none">• Fresh or frozen corn kernels• Frozen peas• Diced red capsicum |
| C 2 | <ul style="list-style-type: none">• 1/4 can kidney beans• 1/2 cup cooked rice | Four bean mix Brown lentils or chickpeas |
| P 1 | 100g lean beef mince (raw weight) | Lean lamb mince |
| Dairy 1/4 | Serve with a dollop of yoghurt | |
| Flavour | Chopped parsley | Chopped coriander Salt reduced beef stock |

Beef skewers with tabbouli

| No. serves per person | Ingredients | Variations |
|-----------------------|--|--|
| V 3 1/4 | <ul style="list-style-type: none">• 1/4 red capsicum + 1/4 green capsicum• 1/4 cucumber + 1/4 carrot• 1 small tomato• 1/4 cup parsley | <ul style="list-style-type: none">• Shredded red cabbage• Grated carrot• Sliced snow peas and shallots |
| C 2 | 3/4 cup soaked bulghur or cracked wheat | Quinoa or barley |
| P 2 | 200g lean beef rump or blade steak, diced (raw weight) | Lean lamb leg steak |
| Flavour | Garam masala, olive oil (meat rub) Lemon juice, olive oil, pepper (tabbouli) | Chinese five spice (meat rub) Salt reduced soy and lime juice |



1/3 cup dry rice
makes 1 cup
steamed rice.

