



Air Fryer Chipotle Beef Meatball Burrito Bowl

with Cheese, Soured Cream, Baby Gem Lettuce and Tomato

Air Fryer Recipe

High Protein

Preparation time : 25 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/air-fryer-chipotle-beef-meatball-burrito-bowl-141>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Medium Saucepan, Garlic Press, Grater, Lid, Large Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Basmati Rice (grams)	150	225	300
Garlic Clove (unit(s))	1	2	2
British Beef Mince (grams)	240	360	480
Savoury Seasoning (sachet(s))	1	1½	2
Mature Cheddar Cheese (grams)	30	50	60
Baby Gem Lettuce (unit(s))	1	1½	2
Medium Tomato (unit(s))	1	3	4
Lime (unit(s))	1	1½	2
Tomato Passata (carton(s))	1	1½	2
Chipotle Paste (grams)	20	30	40
Chicken Stock Paste (grams)	10	15	20
Soured Cream (grams)	75	150	150
Water for the Rice (milliliter(s))	300	450	600
Sugar for the Sauce (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	50	75	100

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3123 kJ
Energy (kcal)	746 kcal
Fat	29.6 g
of which saturates	14.6 g
Carbohydrate	83.6 g
of which sugars	12.2 g
Dietary Fibre	5.2 g
Protein	40.8 g
Salt	3.14 g

Allergens

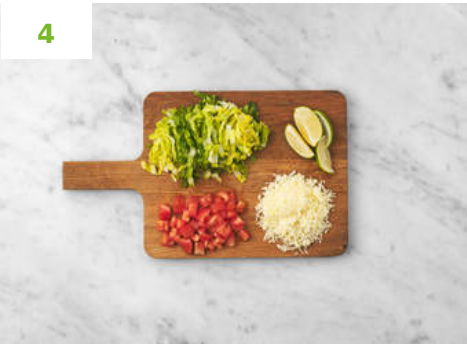
Mustard, Milk, Wheat, May contain traces of allergens, Soya, Celery, Barley, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



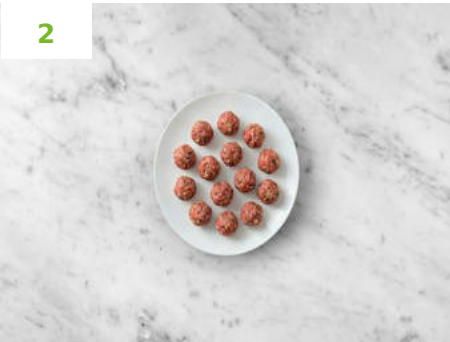
Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and $\frac{1}{4}$ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



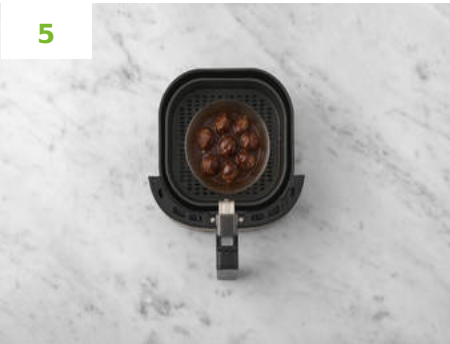
Finish your Prep

While everything's cooking, grate the **Cheddar cheese**. Trim the **baby gem**, halve lengthways, then thinly slice. Cut the **tomato** into 1cm chunks. Cut the **lime** into wedges.



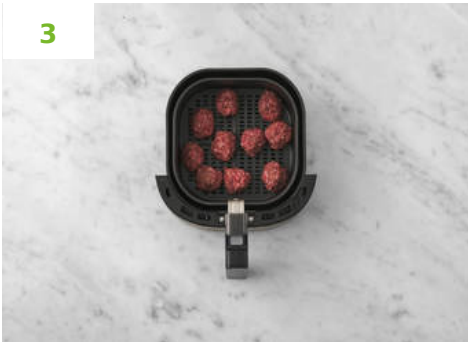
Make the Meatballs

Meanwhile, peel and grate the **garlic** (or use a garlic press). In a large bowl, combine the **beef mince**, **garlic** and **savoury seasoning**. Season with **salt** and **pepper** and mix together with your hands. Roll into evenly-sized balls, 5 per person. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Now for the Sauce

Once the **meatballs** are cooked, remove them from the air fryer and transfer them into a heatproof baking dish or air fryer safe silicone liner. Stir in the **passata**, **chipotle paste**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**. Place the dish or liner into your air fryer basket. Air fry at 200°C until piping hot, 5-6 mins.



Time to Air Fry

Place the **meatballs** into your air fryer basket. Air fry at 200°C until cooked through, 8-10 mins. Give the basket a shake halfway through. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



Serve

Fluff up the **rice** with a fork and share out between your bowls. Spoon over the **chipotle beef meatballs**. Top with the **baby gem lettuce**, **tomatoes**, **cheese** and **soured cream** in separate sections. Squeeze over some **lime juice** and serve any remaining **lime wedges** on the side.

Enjoy your meal!