



Chipotle Venison Burrito Bowl

Rich and lean venison meat with a kick, in a trendy bowl

Serves: 2

Prepare: 35 Minutes

Cook: 15 Minutes

Difficulty: Easy

Ingredients

- 2 [wild venison fillet steaks](#)

For The Black Beans

- 1 tin of black beans
- 3 cloves of garlic, minced
- half a large onion, diced
- ½tsp cumin
- ½tsp ground coriander
- 1/4tsp cayenne
- a glug of olive oil

For The Marinade

- ½tsp garlic granules
- ½tsp cumin
- ½tsp ground coriander
- ½tsp paprika
- ½tsp oregano
- 1tsp sea salt
- ½tsp freshly ground black pepper
- 1tbsp olive oil

For The Rest

- 1 avocado, sliced
- 4 cherry tomatoes
- 2 small handfuls of grated Cheddar
- 500g cooked rice

To Serve

Method

1. Combine the marinade ingredients, coat the steaks with it and leave to sit at room temperature for 30 minutes
2. Grill or BBQ the steaks for 2 mins each side on a high heat then a further 4 mins each side on a medium-low heat for medium rare
3. Remove from the heat and place on a plate to rest for 5 mins
4. Meanwhile, make the beans: cook the onion in olive oil until soft then add the garlic and cook for a further minute
5. Add the cumin, coriander and cayenne and cook for 30 seconds
6. Add the beans and the liquid from the can
7. Cook for about 10 minutes until reduced, then season to taste
8. Slice the steaks into strips
9. Put the rice in two bowls and divide the steaks between them then top with beans, tomatoes, Cheddar, avocado & any of the optional toppings
10. Serve immediately

- 2tbsp soured cream
- hot sauce to taste
- a small handful of fresh coriander